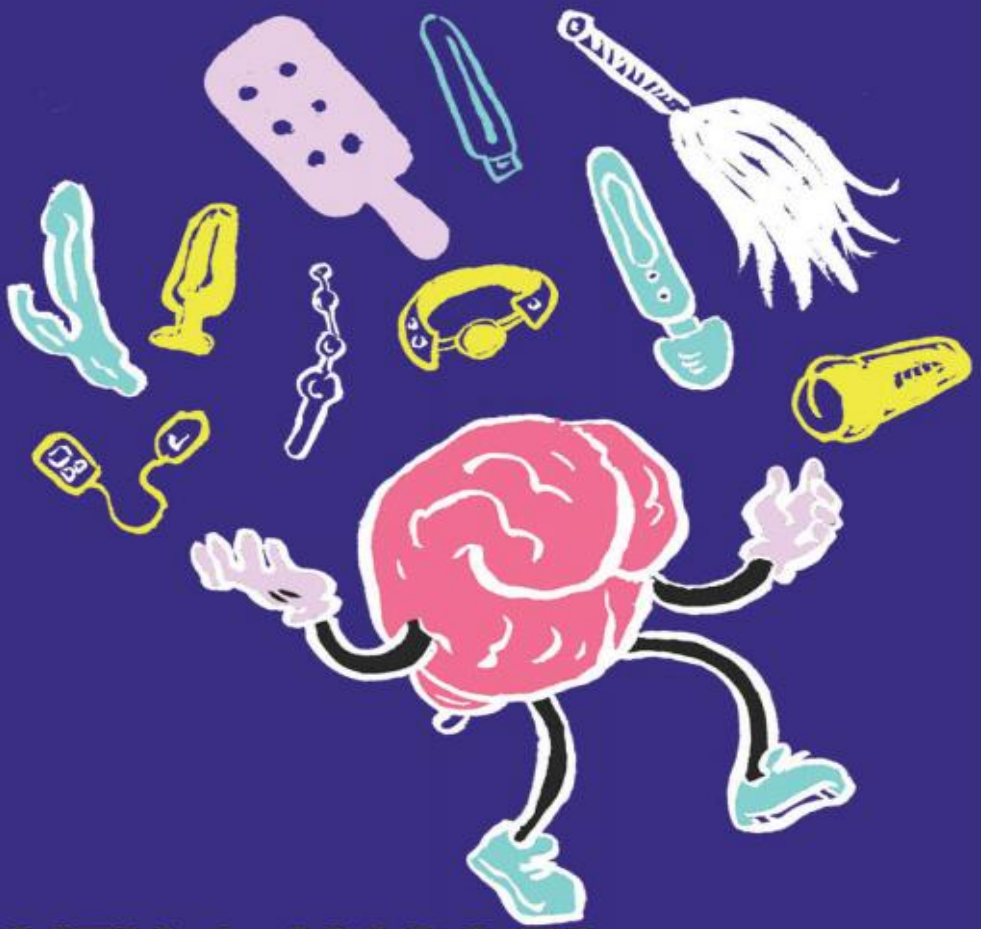
"Dr. Faith is a hoot with heart, and her guide is full of workable, professional advice, as well as it is replete with sarcasm, good humor, and grace." —Foreword Reviews

UNF*CK YOUR SEX TOYS

MAKE YOUR OWN DIY TOOLS & MACGYVER YOUR SEXYTIMES



DR. FAITH G. HARPER, LPC-S, ACS, ACN

WALL STREET JOURNAL* BESTSELLING AUTHOR OF *UNF*CK YOUR BRAIN

ILLUSTRATED BY RIVER KATZ

UNFUCK YOUR SEX TOYS

Make Your Own DIY Tools & MacGyver Your Sexytimes

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Illustrated by River Katz

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Disclaimer: These projects are meant to be entertaining and fun, rather than a substitute for a good-quality product on the market. There are notes about safety throughout; please heed those notes and then go the extra mile. If something hurts not-in-a-good-way, stop immediately. Don't do dumb shit, don't forget to floss, wrap your pipes if there's going to be a freeze, and you should probably check in with your bestie this week. I hear they are having a rough time.

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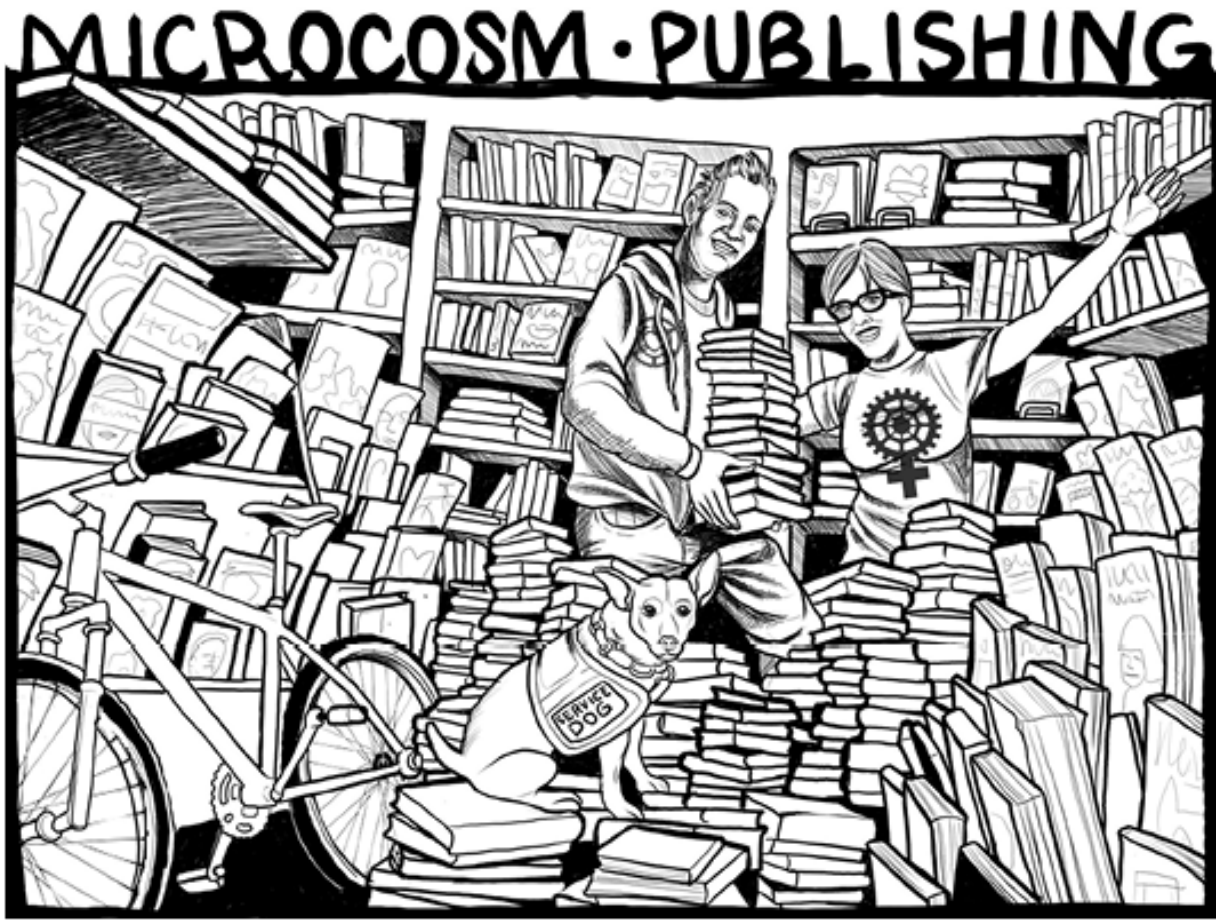

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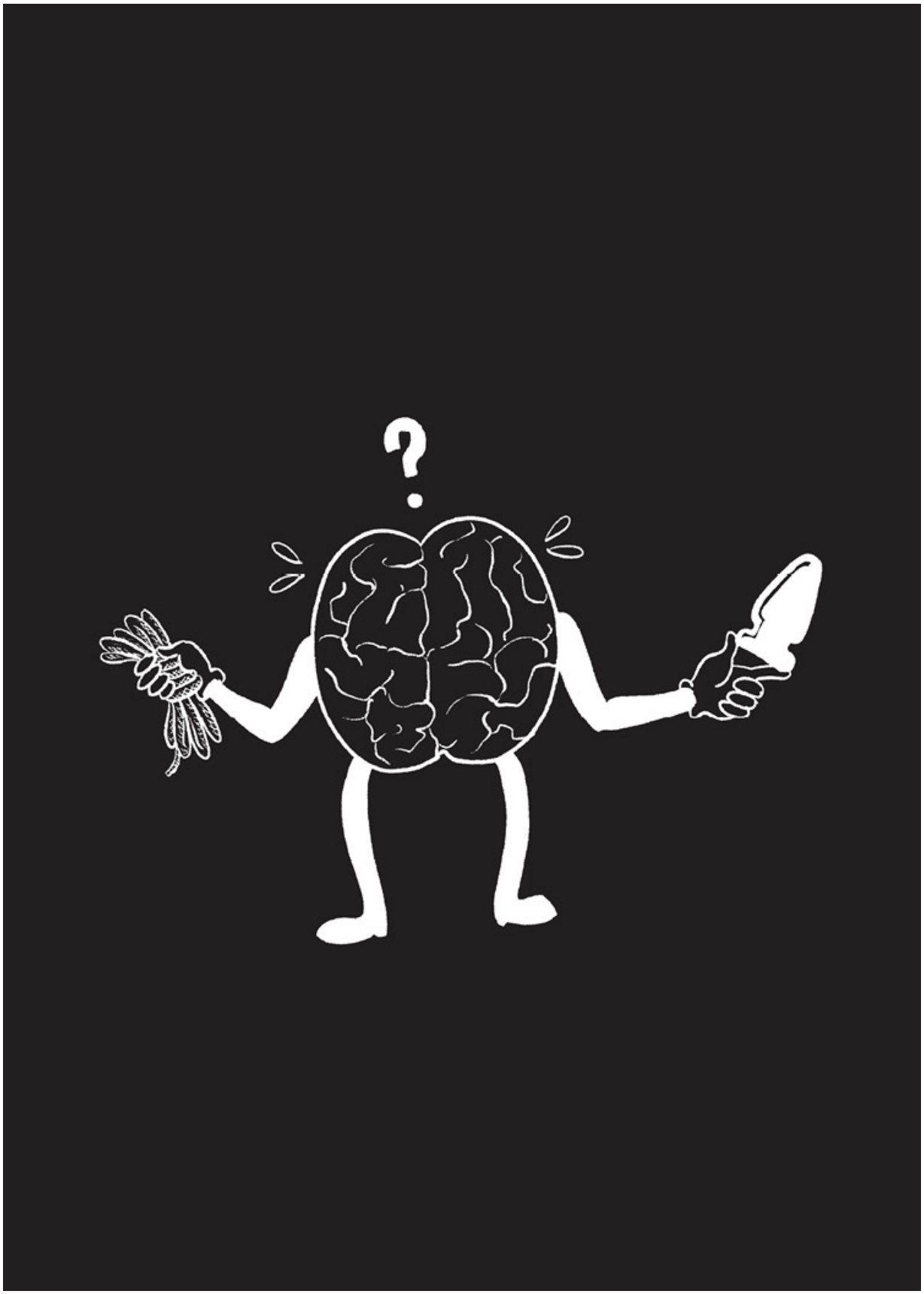

INTRODUCTION

Sex toys can be anything you use to enhance your sex life that isn't your body or a partner's body. Like vibrators, masturbation sleeves, rope for BDSM play, and Ben Wa balls. But also fly swatters, grapefruit, and paracord. Yes, anything. Cement mixer? Sure, if you're brave enough. No kinkshaming from your friendly neighborhood sexologist.

They may be something fun to play with or an adaptation that allows you to experience a healthy sex life (whether partnered or solo) that you wouldn't be able to experience otherwise. Even people who don't need toys for physical functioning can get a lot of enjoyment out of adding a little spice to their life. Using them isn't a sign of failure, perversion, or inability to function independently. Saying sex without sex toys is better than sex with sex toys is as goofy as saying the only right sexual position is the missionary position. Bah, we're all past that, right?

So guess what we are going to do? We are going to talk about the many uses of sex toys, and their history. Then we'll go over some of the manufactured toys you can buy and talk about how to keep them germ-free and functioning properly. And we are going to talk about safety and consent and what different BDSM communities use to establish active, continuous consent. I want you to perv out to your heart's content in ways that are playful, fun, and as drama-free as possible. Well, unless drama is your kink. In which case, make as big a fuss as you want.

And then? We are going to discuss common household items we can use as sex toys, and then get into instructions and step-by-step illustrations for making our own toys. It is all about honoring the punk ethic of DIY, because we are all here for purchasing less and getting creative more. Not just in

learning to mend our own clothes or grow our own food . . . but also in rescuing common items from around the house to make our sex lives (solo, partnered, or grouped) a little bit more fun.

None of the projects in this book require an internship with a carpenter or welder. If you have that level of skill with tools, I am deeply impressed, and there are definitely more complex projects out there that you can conquer. This book focuses on ideas that don't require a lot of construction skills. And any of them can be done without power tools. Even when I suggest that a drill bit or a sewing machine could be helpful, they aren't necessary. You can do everything by hand and with basic toolbox tools (if any tools are needed at all).

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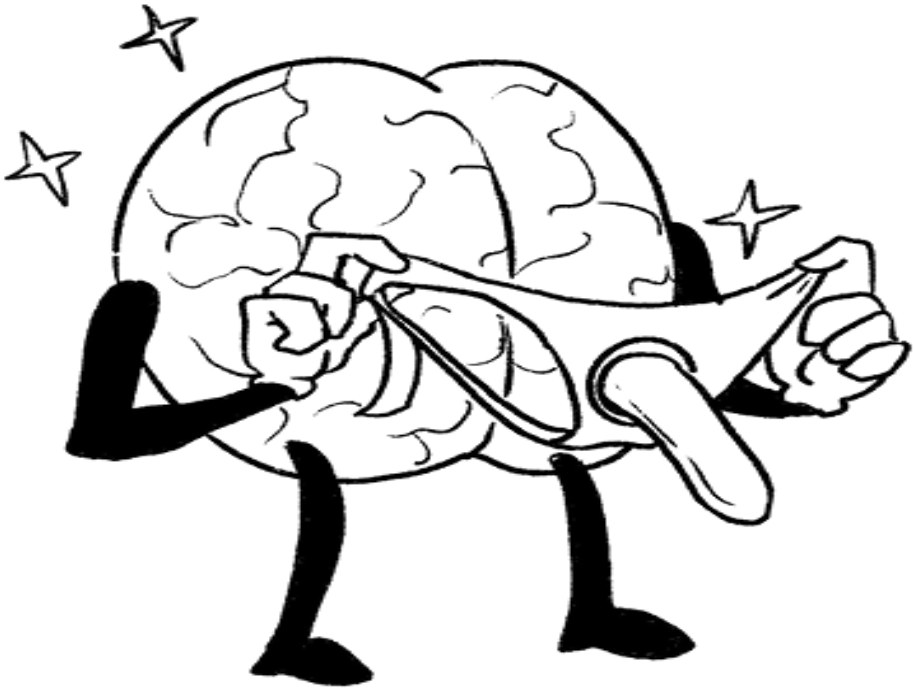
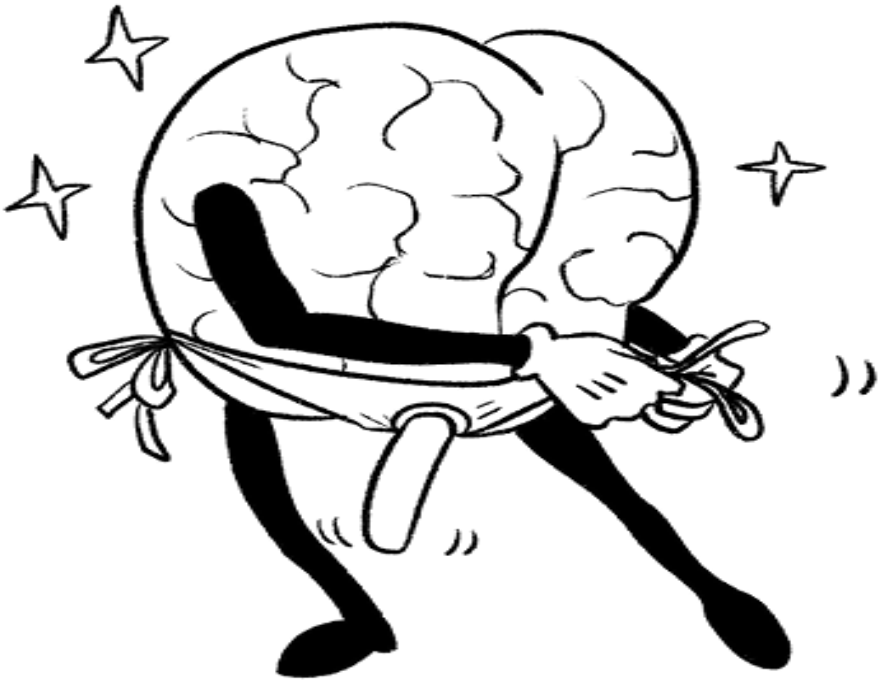
Who Uses Sex Toys?

Who uses sex toys? Lots of people. According to a 2021 study, 41% of people in the US own a sex toy (like a dildo or butt plug) or equipment (like a sex wedge or swing). And it isn't just the youngs. The age group most likely to own sex toys is ages 45–64. My fellow Gen Xers and y'all younger Boomers are loving on yourselves and your partners the most, and I'm here for it.[1]

Despite these numbers, a lot of people have a sense of unease about incorporating sex toys into their partnered or unpartnered sexual activity. Societal messages (religious or otherwise) often attach a sense of shame to the use of sex toys, even if sexual intimacy itself is not judged.





But there are many reasons that using sex toys may be exactly the right thing for you and/or your relationship.

Sex toys can:

- Be a lifesaver if you're experiencing physical limitations to your sexual expression. For example, individuals who struggle to maintain an erection might find that a hollow-core strap-on allows them to have penetrative intercourse with their partner. Or people with limited mobility can use remote-control vibrators to masturbate to orgasm, which is incredibly empowering if you have had to rely on others for that experience in the past.
- Be used with a partner in order to have an experience that you both want to enjoy that may not be possible otherwise.
- Provide an experience within partnerships that is otherwise out of the comfort zone of one of the partners (such as anal stimulation or BDSM activities).
- Allow people to be authentically who they are. A traditional strap-on can allow someone to penetrate a partner during intercourse if they don't have a penis, for instance.
- Provide extra stimulation. Some people just need more stimulation to orgasm, and toys can provide that without exhausting or causing anxiety for either partner.
- Facilitate intimacy in long-distance relationships. There are devices designed to provide pleasure to a partner from afar, such as Bluetooth-controlled vibrators . . . the best thing for long-distance relationships since Skype sex!

And sex toys are just fun! I've had many people tell me that they were not in need of any assistance, but when they tried something new (such as a lubricant), they said, "Wow, ok, so much better!"

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The History of Sex Toys

Before we go into more details about sex toys, their history is actually really fucking interesting and relevant because it's directly tied to what we know about masturbation.

Rachel Maines wrote a great book in 1999 called *The Technology of Orgasm: "Hysteria," the Vibrator, and Women's Sexual Satisfaction*. The story she tells of vibrators is not what you would expect.

Vibrators have been around for over two centuries, and they were not designed with the intent of bringing about sexual release and pleasure. When women 200 years ago went to the doctor complaining of a variety of symptoms that we now recognize as being common to sexual frustration,

their "disease" used to be classified as hysteria, a term derived from the Greek word for uterus.

For context, there is medical documentation of women struggling with libido release as far back as the 13th century. Doctors back then understood that women had sexual desires and would prescribe the use of dildos or sexual intercourse if the woman in question was married, while unmarried or unsatisfied women were often encouraged to take up horseback riding (which does provide clitoral stimulation and sometimes orgasm).

This continued until religious movements in the 17th century caused many people to label masturbation as a form of self-abuse that caused physical ailments and mental illness. Because of this cultural shift, doctors in the US and Europe truly believed that women didn't have orgasms. Or experience sexual pleasure. At all.

So doctors and midwives would treat this "hysteria" by giving genital massages with cooking oil as a lubricant. Yes, you could go to the doctor's office for a hand job. This treatment invoked not "orgasms" (which women purportedly never had) but rather "curative paroxysms" in their female clients. Paroxysms were clearly medicinal.

In 1880, a physician named Joseph Mortimer Granville patented the electromechanical vibrator, originally intended to treat muscle aches. But eventually, the devices were marketed to the general public. As vibrators became more popular and were sold in the back of women's magazines as personal massagers (as many still are—check out a Sharper Image catalog), women went to the doctor less and less as they took matters into their own hands. By the 1920s, many pornographic films included the use of vibrators, utilizing them as sexual aids rather than medicinal ones and thereby making them socially unacceptable again. As a result, vibrators stopped being readily

available in the back of the Sears and Roebuck catalog until the women's movement of the 1970s.

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Types of Sex Toys

Here are the main (and far from all-inclusive) categories of toys that we'll be talking about making and using here:

Vibrators: Today, the biggest share of the sex toy market goes toward toys that vibrate. These toys can be used internally or externally, and the vibration gives you lots of sensory stimulus. Beyond what you might traditionally think of as a vibrator, there are also vibrating cock rings, vibrating anal plugs, vibrating nipple clamps, and more. Even the traditional, phallic-shaped vibrator is not just for use on vulvas—many find the vibrations to be pleasurable when held against their other erogenous zones.

Insertables: This includes things you can put inside yourself. You know. Up the vagina, up the booty hole. In the mouth. Butt plugs, dildos, etc. Anything that allows you the sensation of being filled up and enjoying the pleasure of something connecting to your body on the inside.

Strokers: These are used to stroke the outside of whatever genitalia you're working with. For instance, the Fleshlight for an individual with a penis or a clit stroker for someone with a vulva. Another great example of the market catching up to the need is strokers designed specifically to allow

trans men the stroking sensation that cis men enjoy, while taking into account that, if on testosterone, they often have larger genitalia than most cis women.

Restraints: Ropes! Blindfolds! Gags! Restraints allow you to play with power safely when good trust and boundaries are established. You can also get super elaborate and fancy with restraints and create some gorgeous aesthetics, whether you were an Eagle Scout or not.

Clamps: Stuff that pinches your skin for localized sensation. Nipples are popular, but people will clamp all kinds of body parts. While restraints may or may not be used to produce pain, clamps generally are. Why does it feel so good to have our skin pinched in these situations? Pain and pleasure share the same neurobiology, and we get a huge endorphin burst!

Floggers: Whips, paddles, anything to hit, spank, or provide a heavier, stronger skin impact. Like clamps or restraints, floggers can produce pain without you having to wear out your hands or your partner's hands.

Sensory toys: If you're looking for extra sensations or stimulation, the options out there are vaster than you may realize. Like vibrators, many BDSM-specific sex toys are designed to enhance your sensory experience. Some use textures (velvet, fur, feathers, leather, wood, metal), some use temperature changes (hot or cold), some are designed to take away your sense of control in one area to enhance your enjoyment of another (e.g., blindfolds, noise-canceling headphones), and, of course, many vibrate to provide additional oomph.

Lubes, oils, and creams: Another huge part of the sex toy market. Lubricants are designed to facilitate ease of movement over the skin in

partnered or unpartnered activity. There are wet lubricants (typically water- or silicone-based) and dry lubricants (such as graphite-based) that add to the comfort of the sexual experience. Many creams are designed to either enhance sensation (as when cinnamon is used for tingling) or dampen sensation to lengthen time engaged in sexual activity. Many creams are also flavored, which can help facilitate comfort with oral activity. Oils are often a combination of lubes and creams to provide more ease of movement over the skin, plus other ingredients to help with sensation.

Supports: Swings, pillows, wedges, grab bars, anything that helps you get into the position you're wanting. Remember the note above about 41% of people in the US owning a toy or equipment? This is the equipment part! The support may be medically necessary, helpful but not necessary, or purely for getting a different sensory experience.

As you explore, you'll see there are plenty of options that don't neatly fit into any category on this list. Sorry about that . . . the industry is amazing and coming up with new items on the regular, and more and more of them are adaptable to gender variations and mobility issues. Suffice to say there is a lot of fun stuff out there designed to enhance your sexual experience. And not everything is designed specifically to provide direct stimulation to your naughty bits.

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Where to Find Sex Toys and Supplies

As you embark on your creative, DIY sex toy odyssey, consider making a trip to the "adult novelty store," aka the sex toy store. Even if you aren't going to buy, it's worth seeing what's out there to get ideas for what you can make at home (and maybe plan some purchases to add to your arsenal).

Sex toys are available both online and in brick-and-mortar stores in most communities. And the stores are not dirty, dark, back-alley places filled with creepy guys in trench coats anymore. They are clean, well lit, and professionally managed. It's like going to Target, except with a display of French ticklers.

And an increasing number of these stores are specifically feminist, owned and staffed by women, trans people, and nonbinary people, which makes for a whole different experience.

As for supplies for your homemade sex toys . . . Once you are looking at the world through sex-toy DIYer eyes, you'll realize you can shop just about anywhere to find goodies for your kink kit. Hardware stores are brilliant, along with pet supply stores, the grocery store, the UPS Store, the leather-craft supply store, dollar stores, your local supercenter. Garage sales, thrift stores, the free box on the curb.

And if you are worried about describing what you need to a store employee? Chances are they are deeply uninterested in your project and don't give two shits about what you're trying to make. Even if you are making something beyond the scope of this book that requires wood cuts and you are having them done at Lowe's? Just tell them the cuts to make, tell them with or against the grain, and move on. They don't need to know it's a spanking bench unless you wanna tell them. If you get one of those rare chatty people who asks what you're making? Feel free to tell them exactly (cuz that's what you get for being

nosy, Karen!). Or laugh and say, "Sorry, can't share . . . you don't have the security clearance for that information!" and move on.

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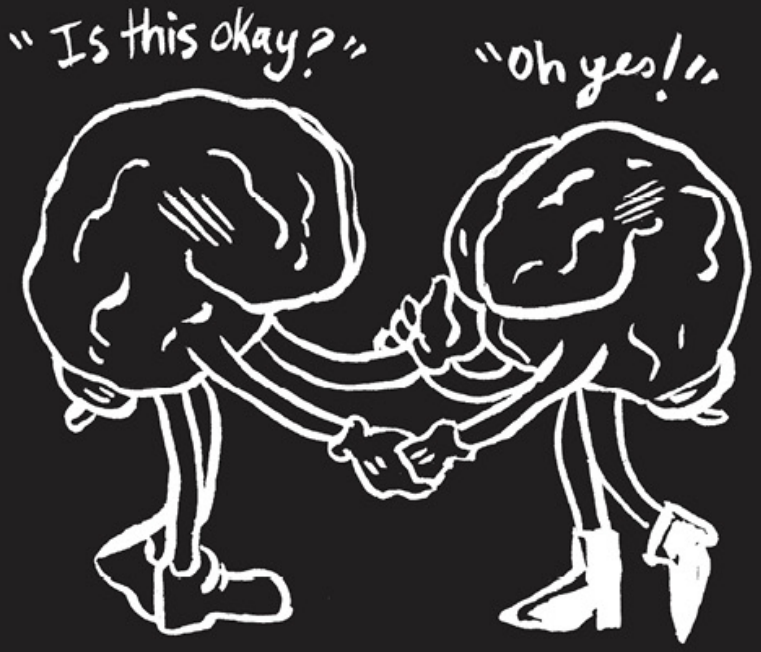
"Is this okay?"
"Oh yes!"

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Part One:

Prepare to Play

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SAFETY FIRST

What does safety have to do with sex toys? Ugh, I know. I'm not trying to take the fun out of fun, I promise. We're all over those tired-ass, phobic messages about how sex can kill you. So can anything under the right circumstances, and plenty of things are far more dangerous than sex. Except! Being careful is still important. Not scared-away-from-any-fun careful. But let-me-take-a-minute-to-lower-risk careful. Even if you're just using your silicone vibe by yourself at home, you still need to clean it properly between uses so you don't get a nasty infection. Add a partner to the equation and we absolutely need to talk about communication and consent. And once we get into using household objects and pain play, safety issues bump up a notch.

Along with being a therapist and having various other credentials, I'm a certified sexologist. A huge part of that work is a ton of sex education. So thank you, my fellow safety scout, for not skipping this chapter and moving right on to making your own flogger. Safety stuff is boring, but it's still a way better idea than being the ER patient of the week because you broke a carrot off in your bunghole and they have to remove it for ya. Yes, the X-rays will absolutely be hanging up in the nurses' lounge. Let's not make that a thing.

Safety isn't just about making sure you're not breaking off household items anywhere where they're irretrievable. It's also about keeping your toys clean, using them in ways that won't cause injuries, and, if you're playing with a partner or group, making sure you have safe communication and consent.

And sometimes safety means enjoying the idea that you had but not actually executing it. Brains do enjoy a good "what if?" but that doesn't mean the follow-through should happen. I want you to be a happy, healthy, sex-pos perv . . . not a cranky human with a blood blister from the metal spring of a

clothespin that went flying and attacked your hand out of nowhere. So we are going to go into cleaning toys properly and why you should use barrier methods on *everything*.

Some general advice to live by: Think about all the ways something could go wrong and plan on preventing them. Smooth out rough edges on everything or wrap them up for safety. Want examples of what I mean? Got you!

- Be careful of anything with a sharp end or surface. This is my version of your parent-people telling you to look both ways before crossing the street. Hold on to that safety concern always. Say you are using the bungee cords you keep on your bike? Wrap the metal ends in tape before using them as floggers. Even if you are holding one by that end, it can go flying and slash someone in the face.
- Notice how insertable toys have a flared base so they don't get lost in a vaginal canal or anus? You need to make yours the same way. Your plan might be to leave plenty of the cucumber sticking out so you have a way of removing it without digging, but you're better off wrapping the base with some heavy-duty tape to make it flared for extra safety. Again, boring . . . but way better than being the ER patient that becomes a local legend.
- Think about clean-up. You'll notice I suggest painter's tape and the like if you are using tape for bondage. But you decide to go hard and use duct tape instead? That shit is gnarly to get off, and the tape residue left behind will outlast the cockroaches when the world explodes. You may not need the full material safety data sheet for everything, but at least look up how to get stuff off your skin without causing injury.

- If you decide to modify an existing toy, do a little research on similar projects that other kinksters have done. Kinky Reddit and such spaces are your friend. People are great about sharing what they tried and what did and didn't work. Also keep in mind that anything you purchase and then modify isn't going to be returnable. So make sure the toy itself works properly before you do anything else to it.

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Clean Your Toys Properly

Whether they're DIY or store-bought, take good care of your goodies! And this means washing between uses anything that comes into contact with sensitive skin. All toys, whether DIY or not, can contribute to you getting UTIs, STIs, bacterial infections, yeast infections, contusions, cuts, blisters, and other cruddy stuff. You keep things safe and healthy by cleaning every toy after you use it. And if you're using DIY toys or household objects, clean them *before* using them, too.

Here's how you keep your toys clean:

You want to wipe your toys down with soapy water, then with clean water to rinse them. Avoid submerging them in water (unless it's a waterproof toy, then dunk away . . . though for the same reason that you shouldn't use a hairdryer while in the bathtub, unplug or remove the batteries from your toy before submerging it). Don't use a perfumed soap for this, as the ingredients used for scent can irritate your skin. Dr. Bronner's soap is great stuff and comes unscented for people with sensitive skin. Now, it is the physical act of cleaning (the scrubby-scrubby part) that removes germs, so any soap will do. However, a good-quality antibacterial soap, generally recommended for healthcare settings rather than home use, doesn't do anything different for germs but will reduce bacteria if left on the surface for at least two minutes. So if you want to be extra careful, make sure you give it enough time to work.

For anything other than Pyrex or stainless steel toys, you wanna stay away from the dishwasher. Especially don't put your rubber and plastic-type toys in the dishwasher—you can totally melt them (just like in that scene from *Broad City*).

Here are some cleaning tips for specific materials:

Leather: Wipe down with soap and water or use a special leather cleaner. If the leather comes in contact with bodily fluids, you can disinfect it by wiping it down with a solution of 70% isopropyl rubbing alcohol.

Glass: Wash with soap and water.

Rubber: If it's something that is going to be inserted, use a condom or dam (see below). Rubber is super porous, so it holds bacterial grubbies way too well. Also? Rubber can contain phthalates, which are not something you want seeping into your never-minds (if you wouldn't eat it, don't stick it up anywhere, either).

Silicone: Wash with soap and water.

Stainless steel: Wash with soap and water. If you want to be extra about it, stainless steel can go in the dishwasher or be soaked in a 10:1 solution of water and bleach for 10 minutes.

Vinyl and cyberskin: These porous, fragile materials are best washed in warm water and left to air dry. Because these toys are more fragile, it is actually better not to use soap for them. If you do choose to use soap, pick something super mild. They can get sticky easily, so dusting them with cornstarch is also a good idea (fun fact: cornstarch doesn't clump up).

Nylon: Paracord and other nylon materials can be washed in the washing machine or by hand with soap and water. You can remove odor from nylon by soaking it in a solution of water and baking soda.

Fabrics: Wash all fabric as you would fabric you are wearing on your body. Cotton, polyester, bamboo, and the like do fine in a washing machine.

Silks and wools do better dry-cleaned or gently hand-washed. Fabric ropes need to be left to air dry in coils and stretched occasionally during the drying period so they don't kink up (you are already kinky enough, right, playa?).

Hemp: Hemp can be machine washed on gentle and air dried (it will take two to five days to dry completely, so plan accordingly). If you are washing hemp rope, knot it and place it in a pillowcase before washing (there are lots of videos online with knotting techniques to prepare rope for washing). Hemp rope can be re-oiled (baby oil or jojoba oil are good) after drying.

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And Use Barrier Methods, Even with Toys

Ok, boring sex educator making safety suggestions again. There really is a good safety benefit to using barrier methods (like condoms or dams) on any objects that you use internally or that come into contact with soft tissues and mucous membranes. I know, I know . . . the whole point of having toys is so that you *don't* have to use barrier methods to prevent pregnancy and STIs. But while a toy won't get you pregnant, you can still pass on STIs (and run-of-the-mill bacterial infections, which in this case are *still* sexually transmitted) or spread them to other parts of your body through toys that were not properly cleaned. And any toys that are porous can become bacteria-harboring grub monsters (blech).

It's also a good idea to use barriers on your DIY toys and repurposed items because what is on them may not be something you want touching your internal never-minds. Barriers are also key for any toys that are a bit fragile. Getting smooshed banana out of your butt is far easier if it's contained in a condom, right?

Condoms cannot be DIY'd, but sex dams can! A sex dam is a thin sheet of latex or polyurethane that can be used to cover a larger surface area of one's body. It is often used for cunnilingus or anilingus, but can also be used as a way to provide a bit of a barrier between the toy and any delicate skin on the body (clitoris, anus, taint, etc.). Latex gloves (which themselves make manual sex safer) can be converted into a dam by cutting off the fingers and then cutting open the palm of the glove along one side and unfolding it. But even easier? Food-grade plastic wrap as a barrier dam has proven to be effective in STI prevention. Super easy. Wrap your toys!!

Whatever you use as a dam, consider writing a non-reversible letter, number, or symbol on one side of the dam so you don't accidentally reverse

the dam later during play (I picked this up from the Scarleteen website, which has a ton of great resources about safer sex).

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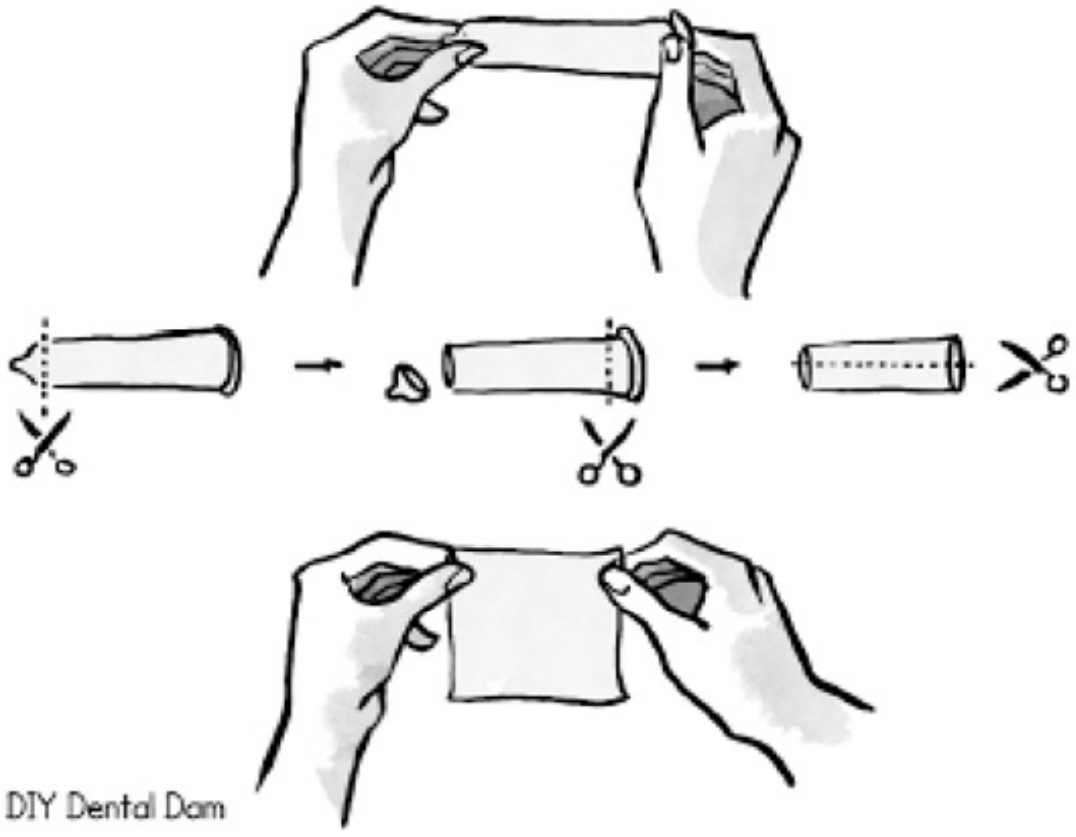
Dental dam
(used on vagina and anus)



DIY Dental Dam

The following illustration shows how you can also make a dental dam (another term for a sex dam) out of a condom.

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Consent and Communication

When you're engaging in any kind of sexytimes with another person, using any of these toys or not, consent is super important for both of you! My zine *Unfuck Your Consent* covers this in much more detail, but for now the important thing to know is that a huge part of safety is making sure that everyone involved is enthusiastically and positively on board every step of the way, has their boundaries respected, and can change or end whatever is happening at any time.

Consent is *the informed, voluntary permission given or agreement reached for an activity/exchange between two or more sentient beings*. Consent is an active process of communication. It's not just the *"can I [blank] this part of your body with [blank] part of my body?"* that we see repeated ad nauseam in mainstream media. It's just as much my cat flattening her ears when she doesn't want pickie-uppies. Or my husband scrunching his face when I even *think* about putting onions in whatever I'm cooking.

At its core, consent is simply *permission for something to happen*. Consent defines our rules of engagement, the ones we express through boundaries.

We have all had experiences where our boundaries were violated and others did not request permission to interact with us, especially in regard to sex and intimacy. True consent cannot be given by someone who is intoxicated, extremely upset, being pressured, or not fully informed about what they're signing up for. Silence is not consent. Consent for one thing doesn't imply consent for the next thing. Consent can be given and then withdrawn.

Consent provides a safe framework for interactions. For those of us with trauma histories, a safe framework can be a very healing experience. And,

equally important, it allows us to experience our desires in a sex-positive way. In an ideal situation, you aren't having to be convinced, you're saying *yes*!

When it comes to the topic of this book, consent means that even if you're super excited about using a new toy with a partner, or having them use it on you, it's not going to happen unless your partner is fully on board with the plan.

And the only way to actively make sure you both consent to something? Sorry, but you're going to have to talk about it. There's no substitute for communication.

Here's how one interaction might go:

You: "Ok, so I was looking at how easy it is to make a wiffle ball gag, and since it's a wiffle ball it is far easier to breathe with it on than with a regular ball gag!"

Your partner: "Sounds like fun, lemme see? Ohh, I'm into it but I think I would be more comfortable with a smaller wiffle ball!"

You: "Deal! You prefer this one or this one?"

But it might go more like this:

You: "Ok, so I was looking at how easy it is to make a wiffle ball gag, and since it's a wiffle ball it is far easier to breathe with it on than with a regular ball gag!"

Your partner: "I'm really uncomfortable with anything that limits my ability to speak."

You: "I totally get that . . . is there any other play that you are into trying out?"

Or maybe it's a hard no from them on all options. Disappointing! But also so much better than hornswoggling them into doing something they truly don't want to do.

Some of y'all reading this are going to be consent pros—if you're part of the BDSM community, you know all about this stuff.[2] If you're looking for a conversation prompt to make sure you and your partner(s) are taking safety and consent extra seriously, I've included a sample consent contract in the back of this book. Or you can use it in your bedroom with your longtime partner—make it part of the fun.

Makes sense, right? Thanks for reading all that before getting to the pervy shit. We are closer to the pervy shit, but I still want to talk about safety and all those boring Auntie Sexologist things a bit more first; keep hanging with me.

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HOUSEHOLD ITEMS

Repurposing regular household items for sexytimes is a totally safe baby step before you start making your own.

If you are the type of person who walks into walls on the regular and ends up needing stitches just from trying to pop popcorn in the microwave and the idea of making your own sex toys seems like a disaster waiting to happen, let's start easy. You've already looked at the safety info, so you are wrapped from head to toe in latex and bubble wrap and you are ready to try some stuff out, right? Great start! But hate to break it to you . . . there will be even more safety notes as we go along. If we're already walking into walls on the regular, we gotta make sure we're prepared for any possible disasters!

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Items for Restraint

This isn't a book about knot tying, so we aren't going to go into detail on knots and loops and ties and how to be safer with bondage. If you don't have experience in this area, please do research and practice ahead of time. Often what seems like the most secure knot may actually be the kind that can slip and cause damage.

Have a plan to cut any restraint item if you can't get someone untied quickly . . . which means don't use grandma's church scarf unless you want to explain to her why it's been slashed in half!

Belts

Scarves—cotton or nylon; avoid silk, as it tightens when you put pressure on it

Bandanas

Neckties—again, no silk

Rope—hemp, nylon, or cotton

Zip ties

Velcro strips

Plastic wrap

Painter's tape—not as strong as other tapes but far easier to remove

Wall-mounted rings, O-rings, and rope cleats

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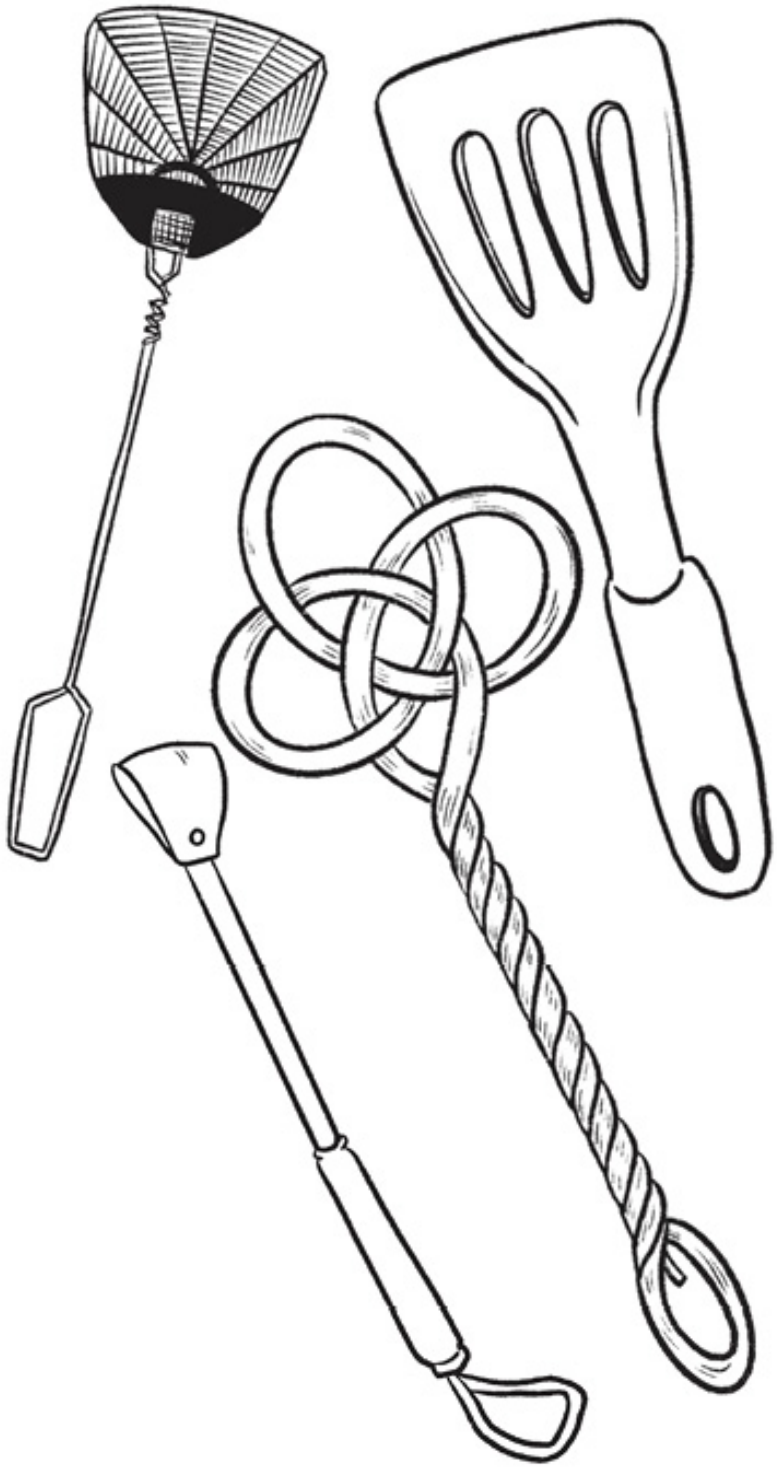
Items for Flogging, Spanking, or Paddling

Firstly things firstly. Whatever you are looking to use for paddling, look at it critically. Think about what happens if it goes flying and any possible damage that could do to people or objects. Then either consider something different or create a way to protect yourself and your partner from an accidental injury.



Spoons

Bungee cords

Rope or twine

Ping-pong paddles

Honey dippers

Hairbrushes

Spatulas

Fly swatters

Rice paddles

Flip-flop sandals

Rolled-up newspapers or magazines

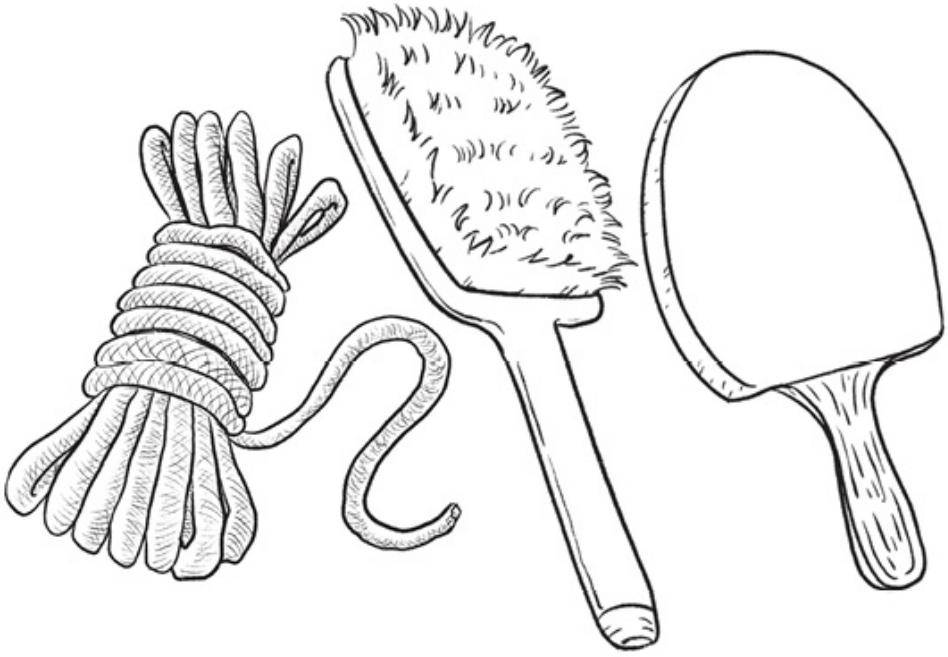
Riding crop—the ones used for horses are usually cheaper and better quality than the ones from the sex toy store

Carpet or rug beater—these show up at thrift stores on the regular

Rolled-up towel—wet it down if you want it heavier

Shaving strap

Paint stirrers—you know, those little wooden paddles you get free from the paint counter



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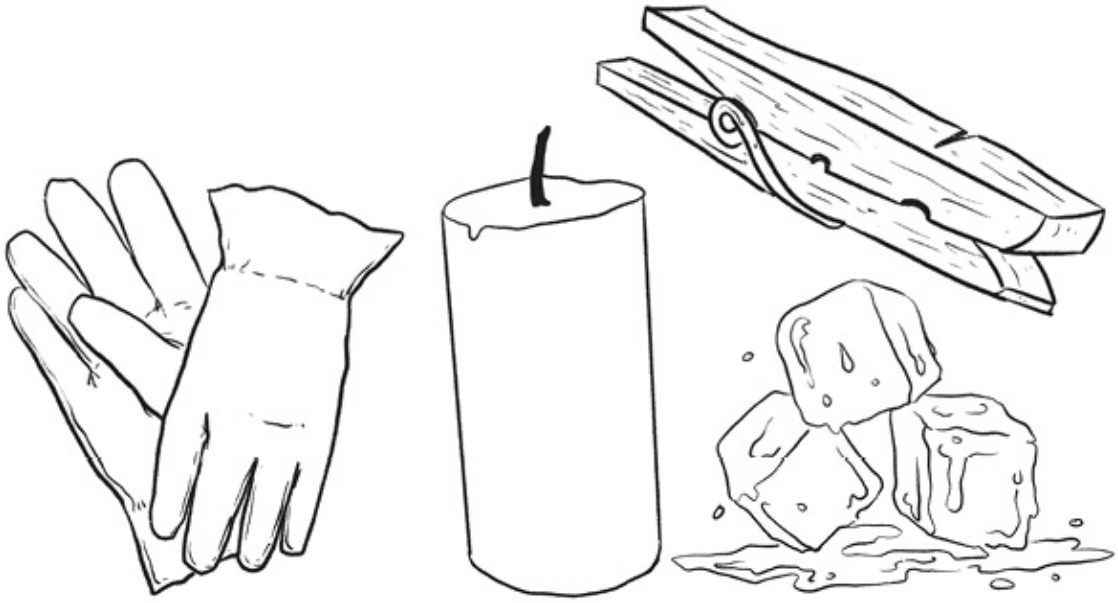
Sensory Items

Just like with everything else, consider what possible damage any item could cause. A TENS unit can definitely be turned up too high and cause unwanted pain. Some people react poorly to menthol rubs, and working with temperature sensations can be enormously fun or too much, causing skin damage. Talk to your partner and experiment carefully with anything new.



Feather dusters

Paintbrushes

Chip clips

Clothespins

Candles—for wax play

Electric toothbrushes—for vibration

TENS unit—for electrical charge

Fluffy blankets—faux fur, etc.

Pop Rocks—lots of tingle

Cold carbonated drinks or sparkling wine—temperature sensation and tingle

Warm mint tea—temperature sensation and some tingle

Ice (can still cause skin damage . . . look for more safety issues around ice in the ice dildo project later on)

Plastic wrap—for mummification (I know you grew up being told not to fw plastic bags; same suffocation rules apply here. Be safe so your momma doesn't come for me.)

Baby oil or other body-safe oils

Tingly body oils or creams—peppermint, spearmint, menthol, or capsicum

Mentholated rubs—ponte Vicks y ya!

Leftover fabric from craft projects

Scarves—this time for the sensation instead of as a restraint device, so silk totally works here

Soft gloves

Rougher gloves—like work gloves

Coconut oil

A spoon—chill it or run it under warm water to apply pressure and play with temperature sensation

Your phone—yes, there are apps that will turn your phone into a vibrator! Make sure you put it in a baggie, plastic wrap, or a rubber glove first.

Pearl necklace—or other beaded necklace with smooth beads

A scrunchie or hair tie—DIY cock ring

Removable showerhead—aim the water pressure at areas of the body

Washing machine—sit on it while running an uneven load!

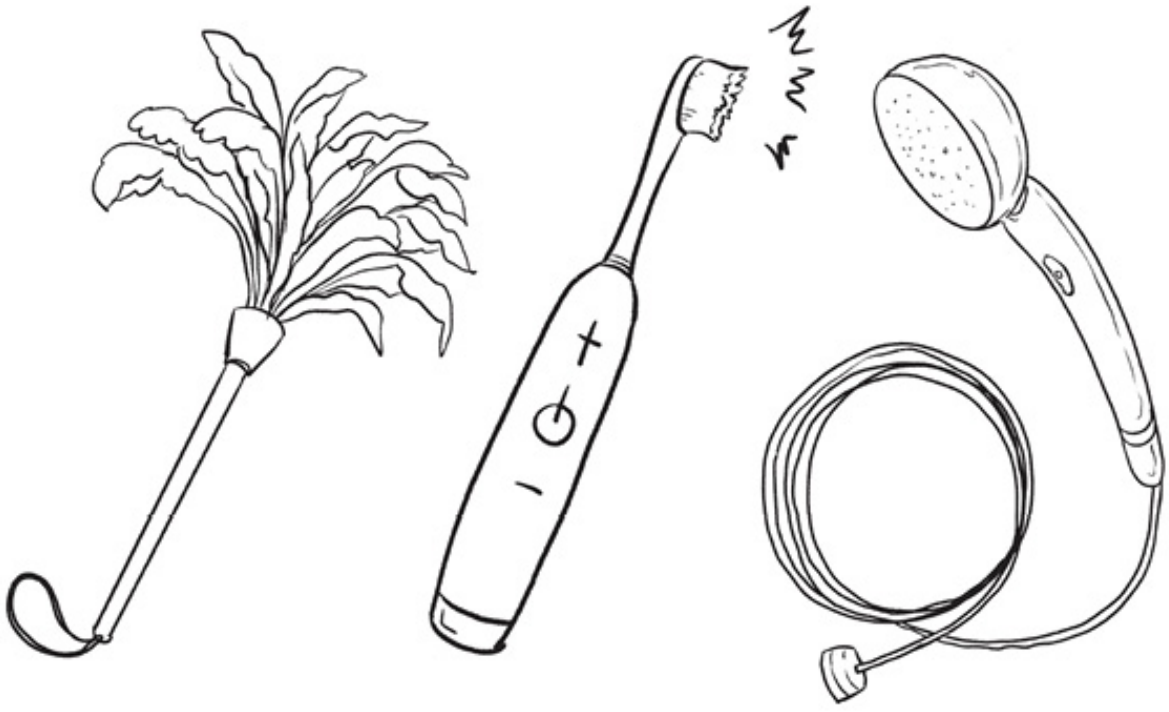
Back massager

Electric razor—the vibrating part, though shaving your partner could be hot, too

Electric face-cleaning brush—like a Clarisonic

Snake bite kit—for the suction

Guitar picks—or a banjo pick if you're Steve Martin



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Insertables

Orifices are strong. And the muscles inside them spasm . . . especially during orgasm. So consider if anything you are inserting might be so fragile it gets crushed and stuck in your body. A zucchini has a lot more heft than a peeled banana, right? This is where using a condom to help with retrieval can be scene-saving. Also? A reminder that a tapered or thicker base is a necessary safeguard so you can get it out again. Wrap that base in a ton of tape.

Carrots

Zucchini and other squash

Bananas

Corn on the cob

Cucumbers

Tampons—can be used as a buttplug, not just for vaginas anymore!

Hot dogs or sausages

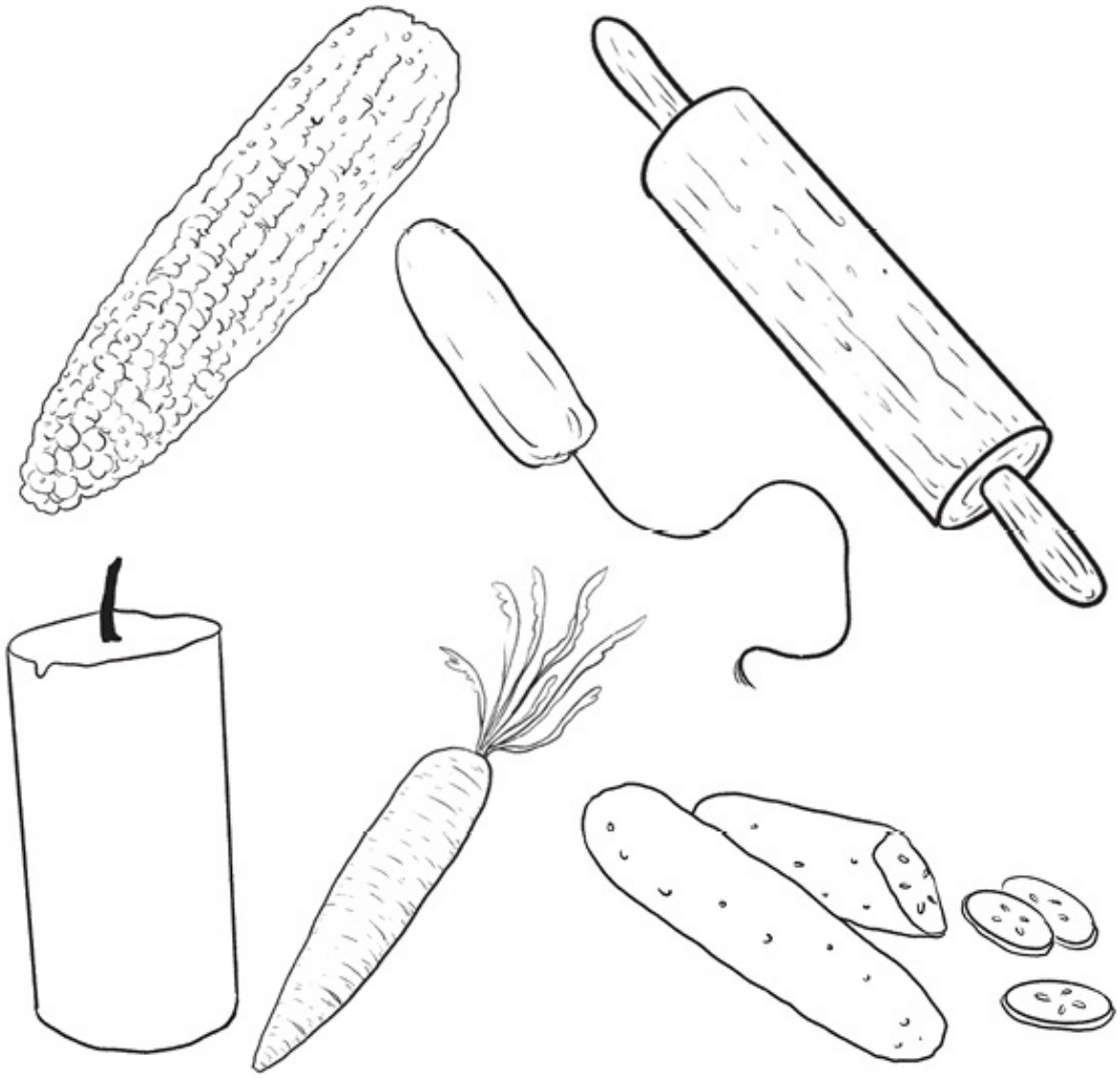
Candle

Neck of a sturdy plastic bottle—not an empty one though, you don't want to create suction

Pet toys—like chew bones, rubber kongs

Rolling pin

Handles of kitchen utensils



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Positioning Support

While positional support items are generally used to provide more safety in play, it is still possible to end up straining your body by staying in a certain position too long. Check in with yourself and your partner so you don't cause any soft-tissue irritation or throw out your back!

Sofa and chair cushions

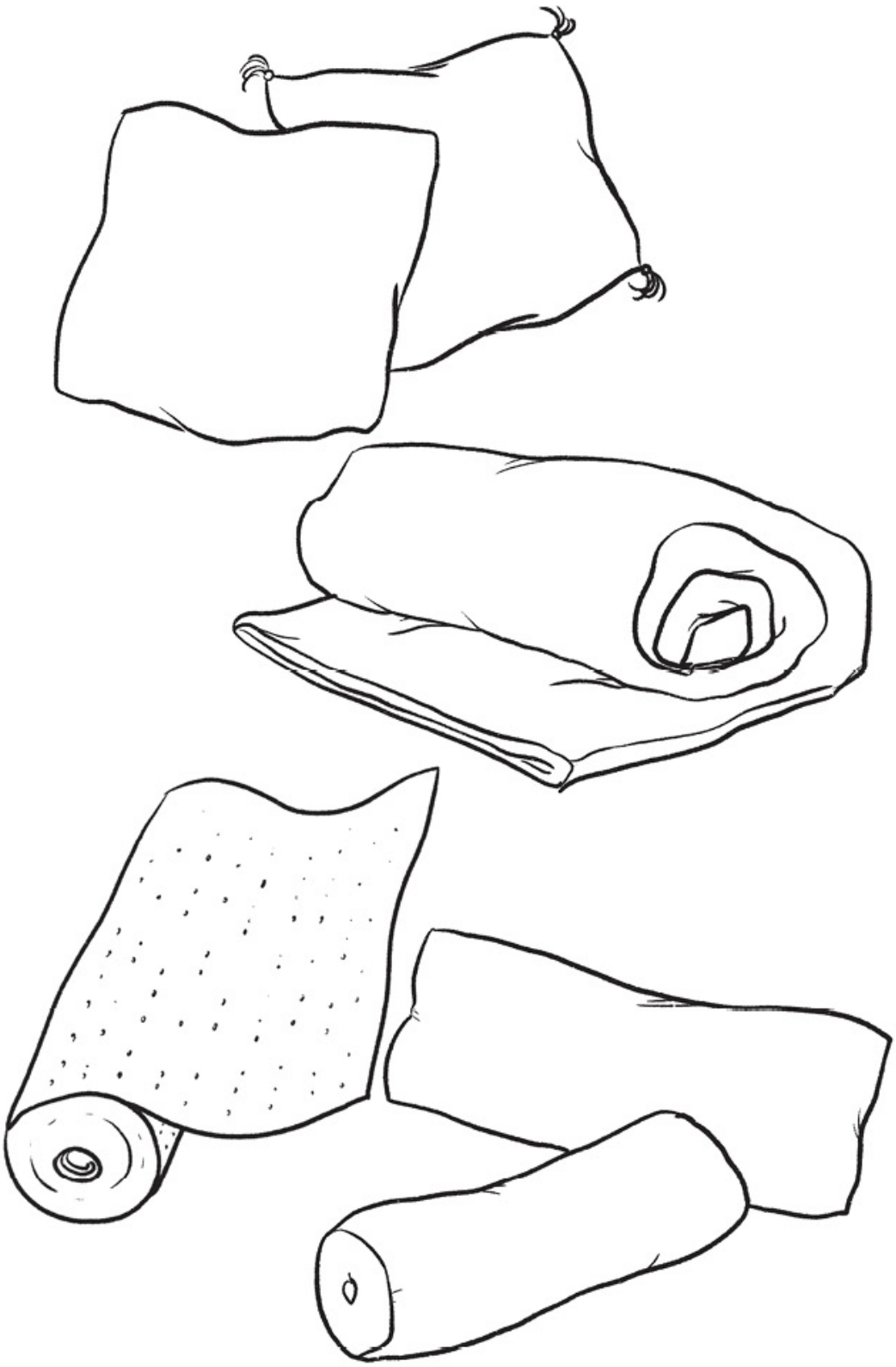
Lumbar pillows

Rolled-up blankets

Rubber shelf liners—less painful to kneel on than a hard surface

Kneepads and elbow pads—like for biking and rollerblading

Those little soft garden kneelers



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Part Two:

Make Your Own Toys

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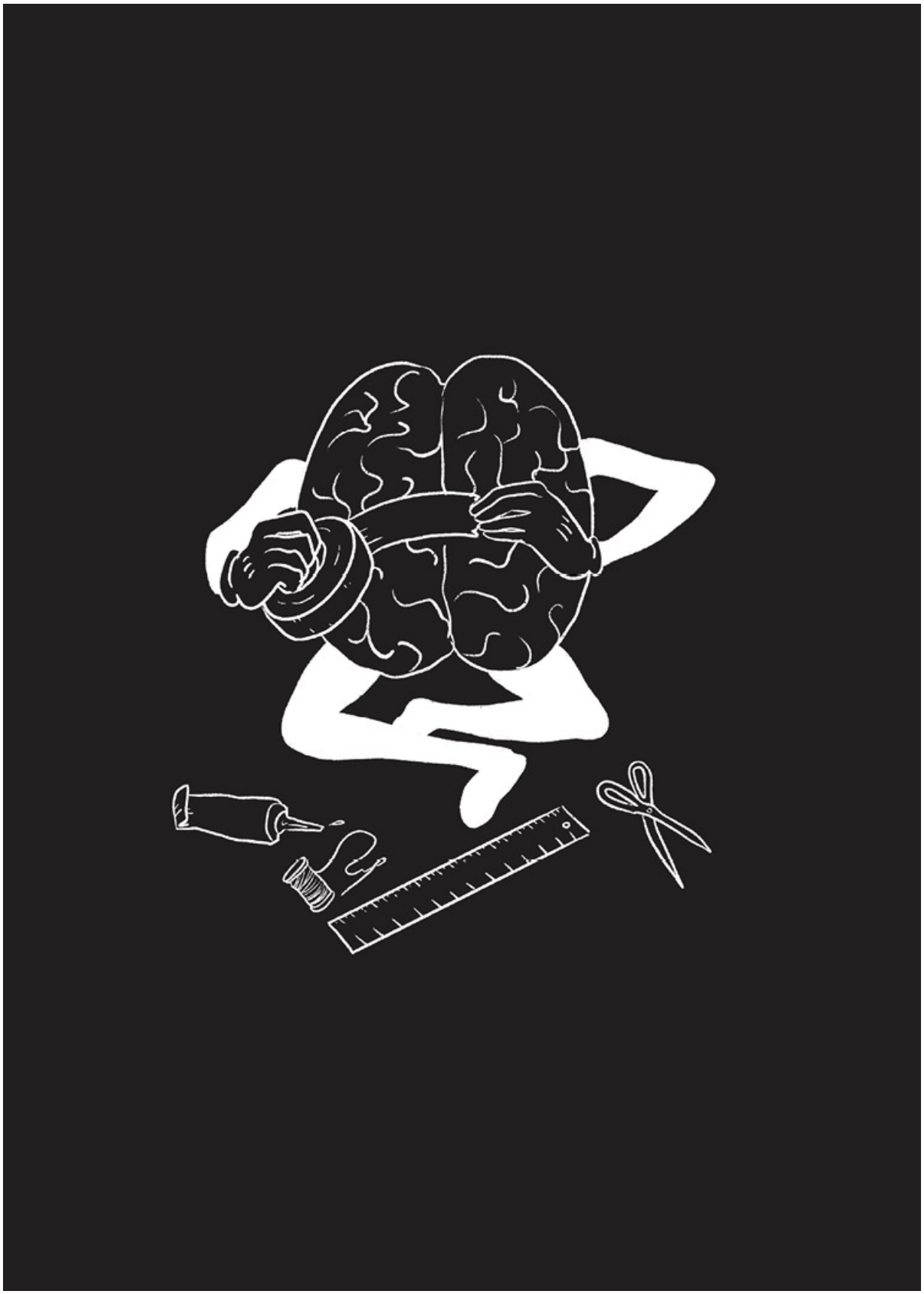

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FIRST LEVEL:
EASY-PEASY

Everything listed in this section is doable with common household items and tools. Meaning you don't have to be a woodworker or metalsmith to make a fun plaything! As a total chaos monster with the 10 klutziest fingers on the planet, all existing on the same two hands, I chose DIYs that even I could do without biffing the whole thing!

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Homemade Lube

Lots of things can be used as lube: coconut oil, avocado oil, vitamin E oil, and olive oil are common. They are, however, not appropriate to use with condoms and latex dams because they break down the latex. Aloe works well and can be used with condoms and dams because it has no oil in it. If you are using aloe, make sure it's pure aloe and doesn't have any alcohol or anything else mixed in that could irritate or dry out your skin.

Another option? Making your own condom- and dam-safe lube, you dirty DIYer! Cornstarch is suggested here because it doesn't clump, but you can try other food starches as well!

What You Need

1 cup (250 mL) water

4 tsp (10 g) cornstarch

Saucepan

Spoon or whisk for mixing

Heating source (stove top, hot plate, etc.)

Step One

Measure out the cornstarch and water into the saucepan and stir to blend. If you use a starch other than cornstarch, you may need to break up clumps with a fork against the side of the pan.

Step Two

Over low to medium heat, slowly bring the liquid to a boil. Once it's boiling, stir the mixture frequently for about 30 seconds.

Step Three

Ok, I gotta say this part cuz staff attorneys say so.[3] *Take the pot off the heat and let the mixture cool before using it*. Safety in sexytimes!

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DIY Tingle Oils

This is a super easy project to make using essential oils and a carrier oil. The carrier oil is important because essential oils are strong and can burn tf out of your skin. Especially because you are using oils that create a lot of sensation on the skin, so the ratios are important too. If you have any other health conditions, are pregnant, etc., make sure the oils you are using aren't contraindicated, aaaaaand don't forget that oils will break down barrier protection, so don't use them with a latex condom or dam!

What You Need

100% pure essential oil with a good tingle factor (like peppermint, spearmint, ginger, capsicum, or menthol)

Carrier oil (almond oil, coconut oil, grape-seed oil, sunflower oil, olive oil, or mineral oil will work; keep in mind that some oils will impart a scent of their own in the process)

A bottle to mix it in

A funnel for pouring because this is messy

A liquid measuring cup that measures ounces or milliliters

Step One

Clean whatever bottle you are using to store your oil. Clean it especially well if you are recycling it from something else. You can toss a glass bottle into boiling water to get most of the cooties off.

Step Two

Once the bottle is clean, dry, and cooled down, set the funnel in the top.

Step Three

Measure the amount of carrier oil you want to use in a liquid measuring cup. One ounce (30 mL) will make you a small batch, but you can easily double or triple that. Pour it into the bottle using the funnel.

Step Four

Decide on the amount of tingle you want to add. For each ounce (30 mL) of carrier oil, you want to add between .5% and 25% essential oil.

.5%: 4 ½ drops

1%: 9 drops

2%: 18 drops

5%: 45 drops

10%: 90 drops

25%: 225 drops

Start with smaller amounts and test it on a small patch of skin, especially if you tend to have a strong reaction to products. For an intense sensory experience, you will probably move up to 5–10%. 25% is only for the hard-core.

Step Five

You can add the essential oils using the funnel or by tapping the essential oil bottle directly into the mouth of your storage jar if you can do so easily while counting the drops.

Step Six

Put the lid back on the bottle (remove the funnel first, in case you weren't sure about that) and shake the bottle like a Polaroid picture to blend. Shake well before using each time to make sure the essential oil is well distributed with the carrier oil, and tingle away!

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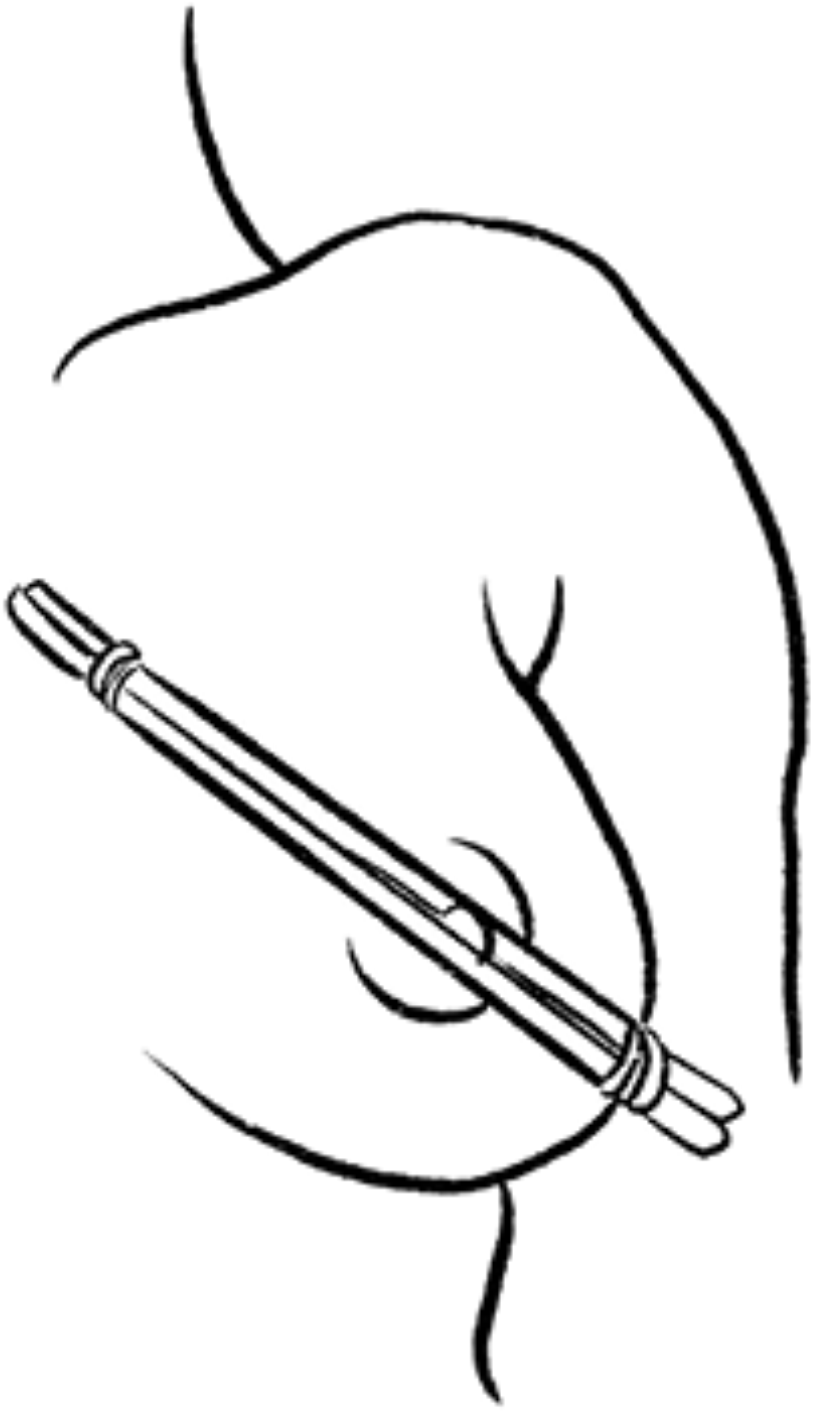
Easy Nipple Clamps

Don't you love it when a product describes itself? Nipple clamps are used to clamp nipples. No guessing required. The cool part of this design is that it allows you to create different levels of tightness and friction by twisting and adjusting the rubber bands during play.

What You Need

4 chopsticks or unsharpened pencils

4 rubber bands



Step One

Divide the chopsticks into pairs. Then, holding each pair of chopsticks together and parallel to each other, tightly wrap a rubber band around them at each end.

Step Two

Test by seeing if you can fit your pinky finger between the two chopsticks, then add or remove loops as needed to get the right fit.

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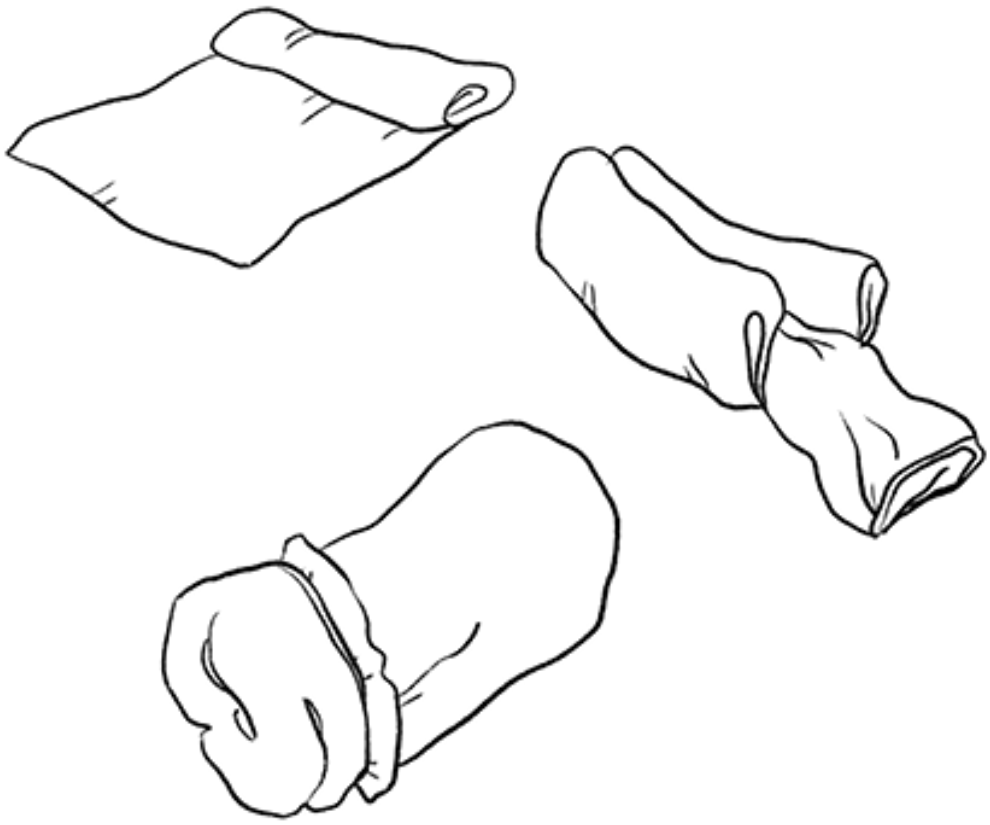
Towel Stroker

You've heard of the Fleshlight, right? The thing that you can stick your penis in (if you have one) for stroking action. This DIY stroker is super easy to make (and clean) and is adjustable for your own size and preferences.



What You Need

A hand towel

A latex glove

Elastic bands, hair scrunchies, or a belt

Lube (for when you use the toy)

Step One

Fold the hand towel into quarters.

Step Two

Place the latex glove on top of the towel with the cuff hanging off the end.

Step Three

Roll the towel around the glove to your desired layer of tightness. You want it tight enough to give you good stroking sensation, but not so tight you have a hard time getting your penis in and out.

Step Four

Secure the rolled towel at your desired tightness level with a belt, elastic band, or hair scrunchie.

Step Five

Squirt in lube before using! Tighten or loosen as needed.

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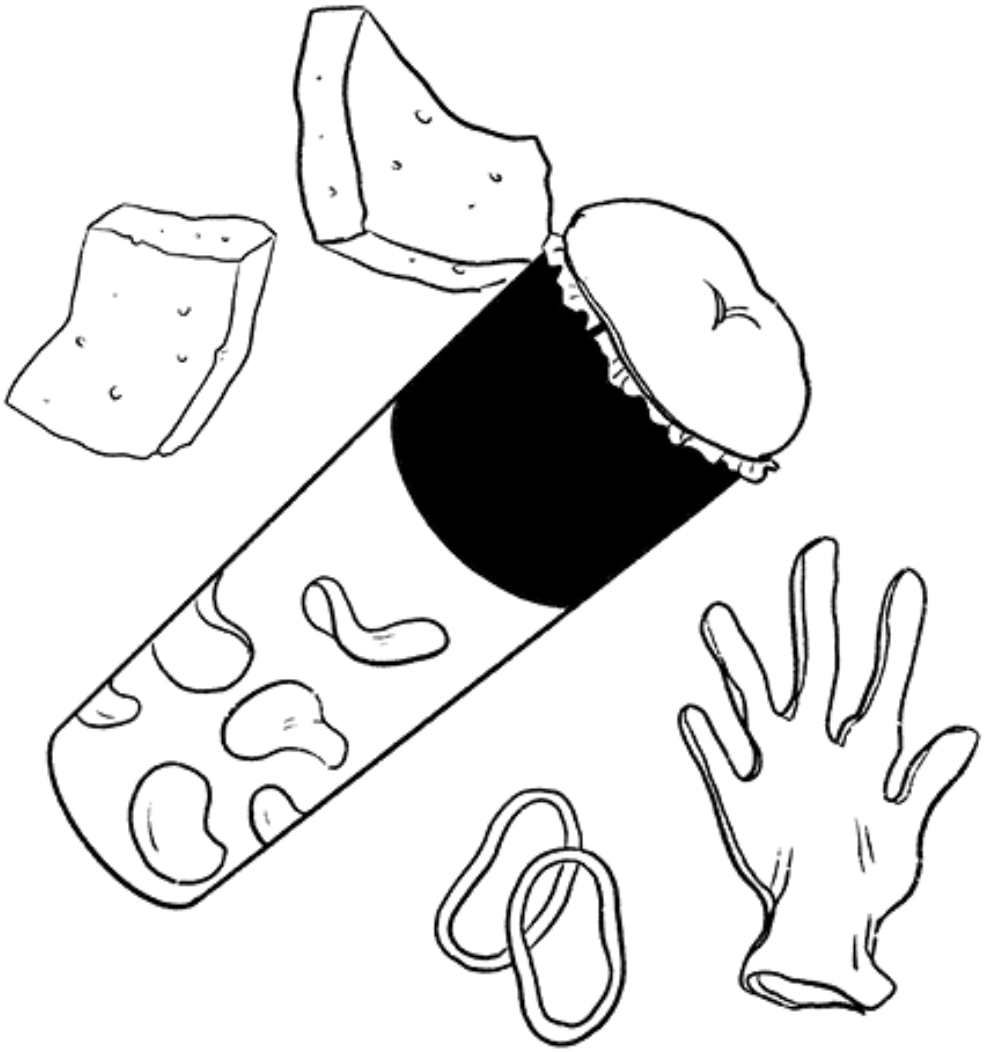
Chip Can Stroker

This is another penis-stroking toy. This one is a more permanent and sturdy version than the one above but also super cheap to make, so nbd if you wreck it!



What You Need

Potato chip can or other cardboard cylinder about 3 inches (7.5 cm) in diameter

2 sponges (or bubble wrap)

Latex glove

Tape

Sharp knife or scissors

Lube (for when you use the toy)

Step One

Make a latex glove sandwich by placing the glove between two sponges (or make a burrito by wrapping the glove in bubble wrap). Leave the open end of the glove hanging out.

Step Two

Shove the whole sandwich or burrito concoction into the chip can and fold the opening of the glove over the top of the can, taping it in place.

Step Three

Use your knife or scissors to poke a small hole in the bottom of the can so you don't build up a vacuum when stroking.

Step Four

Make sure to squirt in lube before using!

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Wiffle Ball Gag

The idea of being gagged is a turn-on for a lot of people, but the actual feeling-comfortable and breathing part concerns many of them. This gag allows you the sensation and aesthetic of a ball gag, but the wiffle ball is full of holes so you aren't stuck only breathing through your nose for the duration. A simple lark's head knot (or something similar) will work very well for this project.

What You Need

A wiffle ball or child's practice golf ball with holes

A piece of leather cord, about 2 feet long (or a little over half a meter)

An emery board or fine sandpaper

Step One

First file down any rough edges on the wiffle ball, paying attention specifically to where the two seams of the ball meet (the manufacturing process can leave some rough edges that are fine for using it as a ball but can be uncomfortable in someone's mouth).

Step Two

Run the cord through the wiffle ball, knotting it on each end to hold the ball in place in the middle of the cord.

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Clothespin Zipper

This is for creating multiple pinching sensations in an arc across the body. Some people like to use it on their arms, legs, or torso. Or you may want it across your genitalia for some extra sensory benefit. You can pull the clothespins off as quickly or as slowly as you want (slower hurts more), using the string to control the removal. Be careful to not leave the pins on the skin too long—20 minutes is really the maximum, and that isn't said as an encouragement for you to prove me wrong!

What You Need

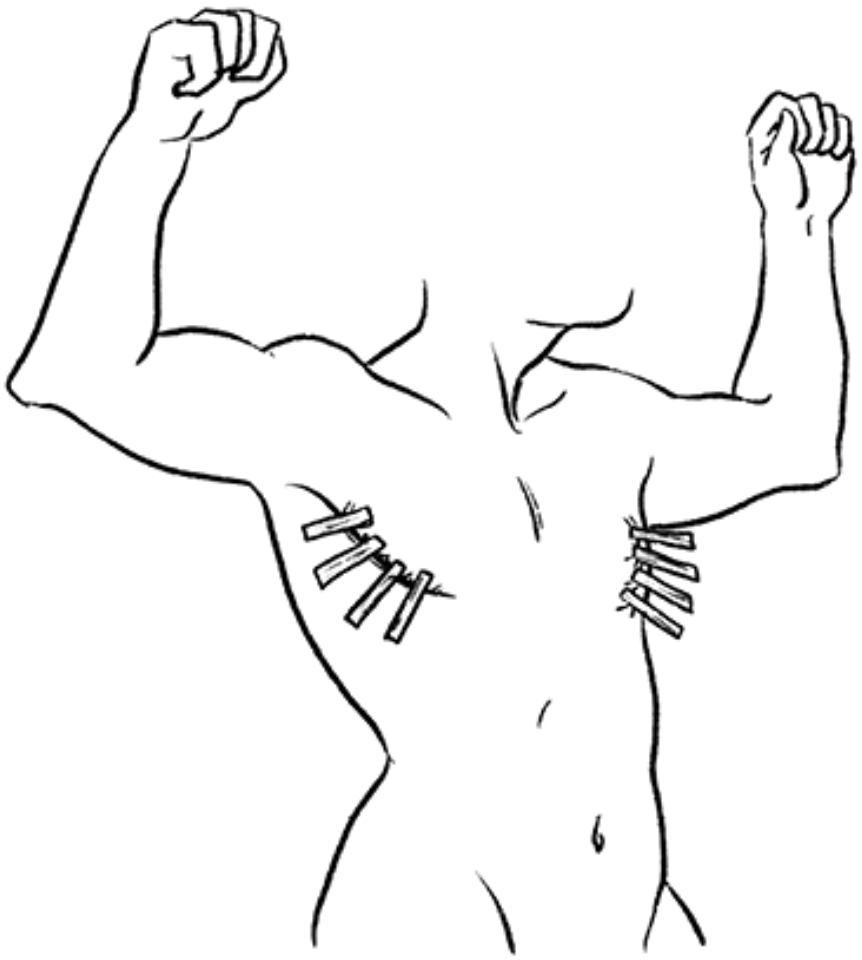
- 5 or more wooden clothespins—the kind with the metal spring in the center (the smaller the clothespin, the more sensation you will have)
- String (something thin but strong enough that it won't break when tugged—kitchen string used to truss a turkey or something similar will work perfectly)
- Scissors or a knife to cut the string

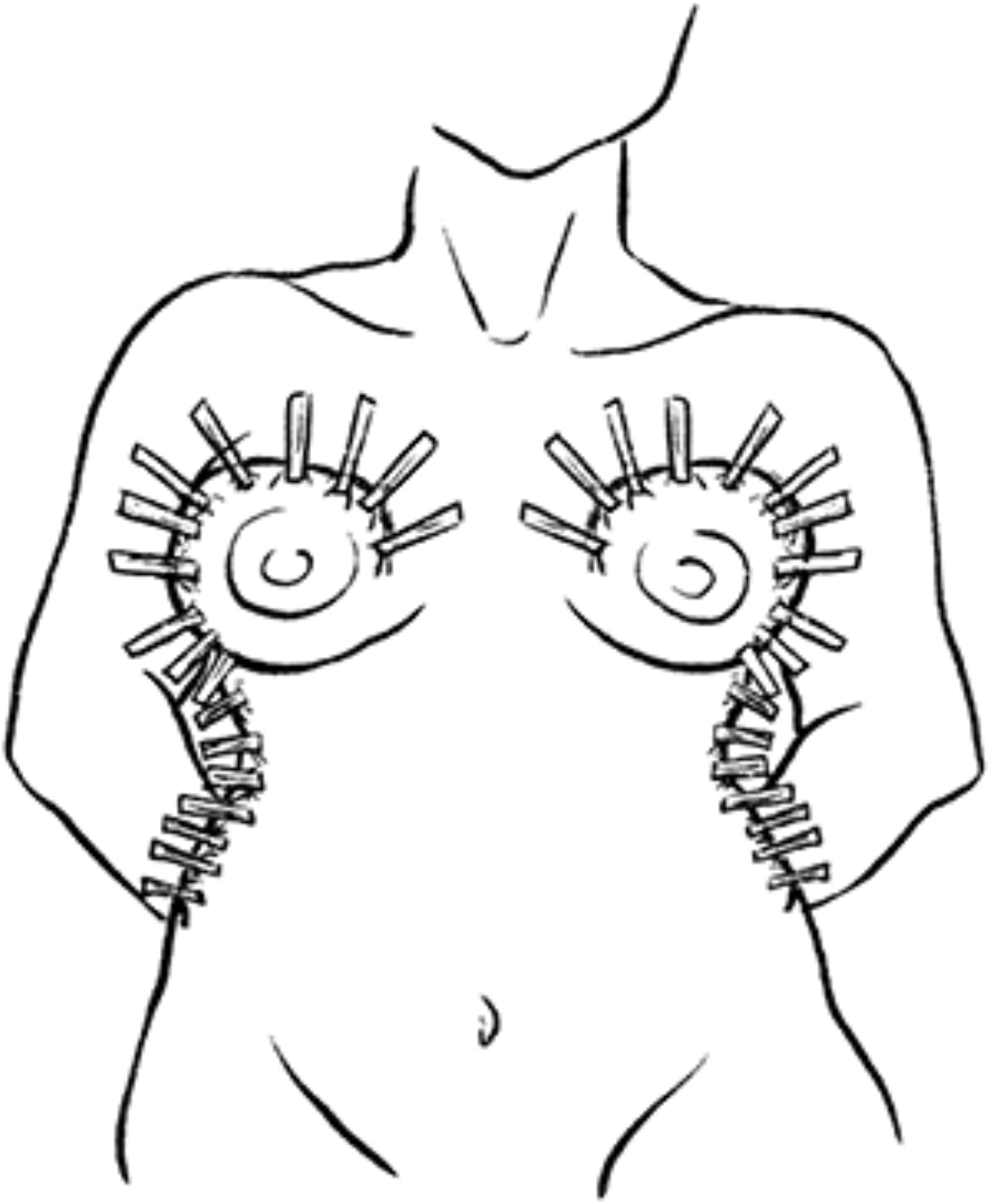
Step One

Knot one end of your string. Thread the string through the metal ring at the center of one of the clothespins, then tie another knot to hold the clothespin in place.

Step Two

Repeat the process, spacing the clothespins as you'd like them. Note that if you are using them on genitalia, you will want the clothespins closer together than if you are using them on other parts of the body.





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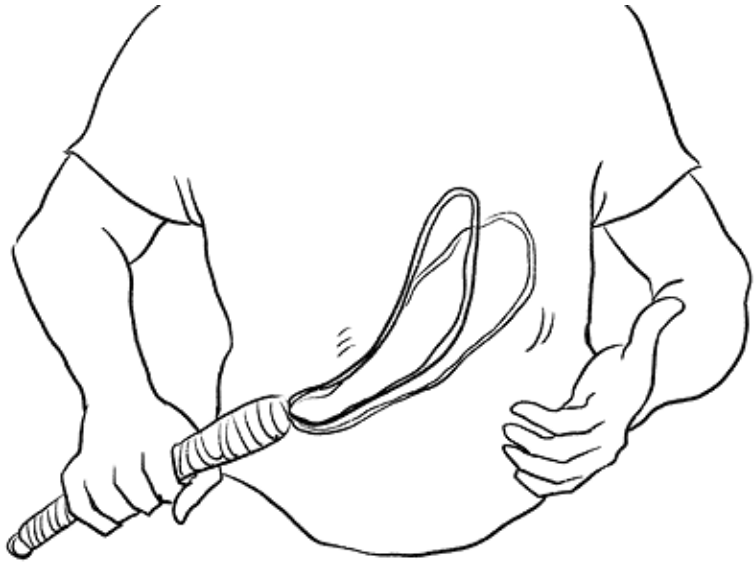
Loopy Johnny

Loopy Johnnys are small whips with looped ends that pack a delightfully nasty sting. They are great for travel and also don't make much noise if you need to deliver some discipline quietly (so the kids don't know what a perv you really are). This version is also super simple to make.



What You Need:

About 6 feet (2 meters) of clothesline cord or rope of your choice

Duct tape

Scissors or a sharp knife for cutting

Ruler for measuring

Step One

Cut the rope into two lengths, one about 35 inches (89 cm) and the other about 33 inches (84 cm) long.

Step Two

Take each length of rope and loop it over itself so you form a circle on one end, bringing the end up to about 5 inches (13 cm) above the loop. When the

two loops are held together, one will be slightly smaller than the other and will essentially fit inside it.

Step Three

Tape the ends together into a long handle, leaving two nested loops, the smaller of which is about 5 inches (13 cm) long. Secure both loops together and tape down the ends of the clothesline.

Step Four

Continue to tape all the way down to the bottom to create a sturdy handle for gripping.

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Ice Dildo

This dildo is designed specifically for cold sensation play. Safety note: Ice can burn! Before you use this toy, run a little water over the condomed ice dick so you don't damage your skin. You can also add another condom or two over the initial one if it's a little *too* cold for you! Freeze your butthole, freeze your cooch . . . but don't damage either, ok????

What You Need:

Cardboard tube (like from a toilet paper or paper towel roll)

Condom

Water

Painter's tape, rubber band, or hair scrunchie

Step One

Stand the cardboard tube up on one end and hang the condom down inside the tube. Fold the top over the outside of the tube and use a rubber band, hair scrunchie, or painter's tape to hold it in place.

Step Two

Pour water into the condom, then throw the whole contraption in the freezer. And that's it . . . that's the trick.

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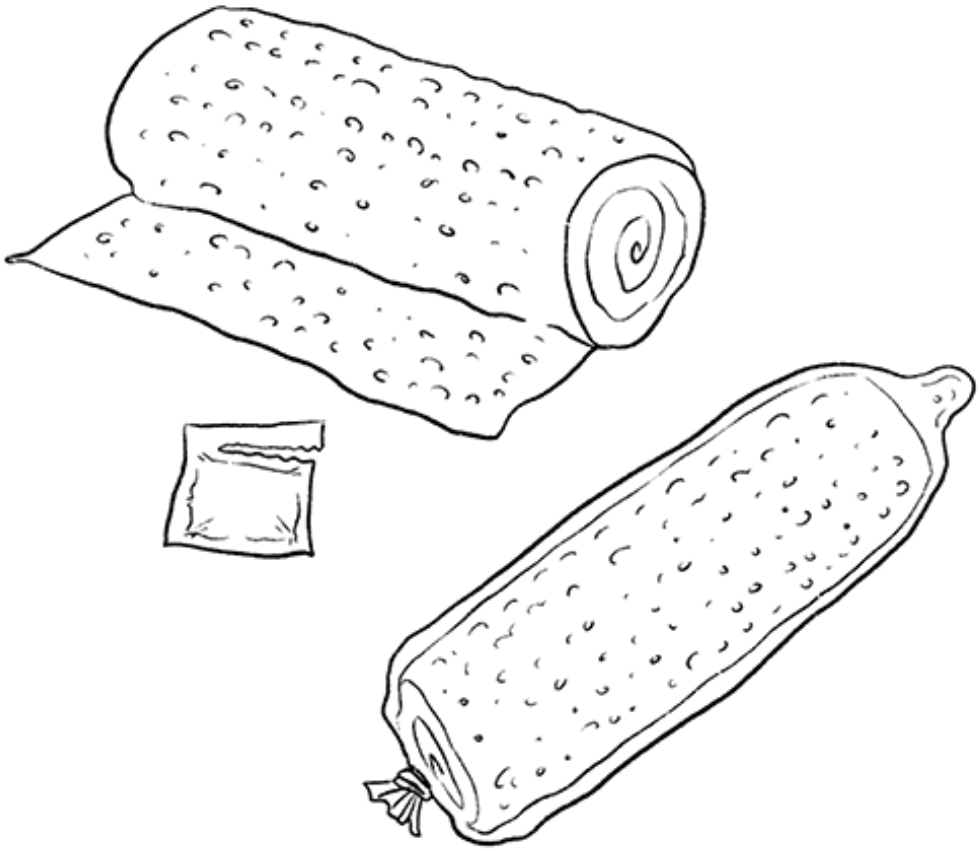
Bubble Wrap Dildo

Most anything can be a dildo if you believe in yourself. This one adds another level of play that can be a lot of fun or at least hilarious to try out. If you loved popping bubble wrap as a kid (or as an adult, like my middle-aged ass), you may get a kick out of this particular insertable. If you want to make playtime a little more fun? See how many of the bubbles you are able to pop . . . without using your hands!



What You Need

Condom

A length of bubble wrap (8 x 10 inches, or 20 x 25 cm, should be plenty!)

Strong tape, like duct tape

Scissors or knife for trimming the bubble wrap as needed and cutting the tape

Step One

Roll up the bubble wrap into a tube, with the bubbles on the outside.

Step Two

Unroll the condom over the bubble wrap tube.

Step Three

Now seal it all up with a little tape at the end, adding enough tape to make a flared base for easier retrieval.

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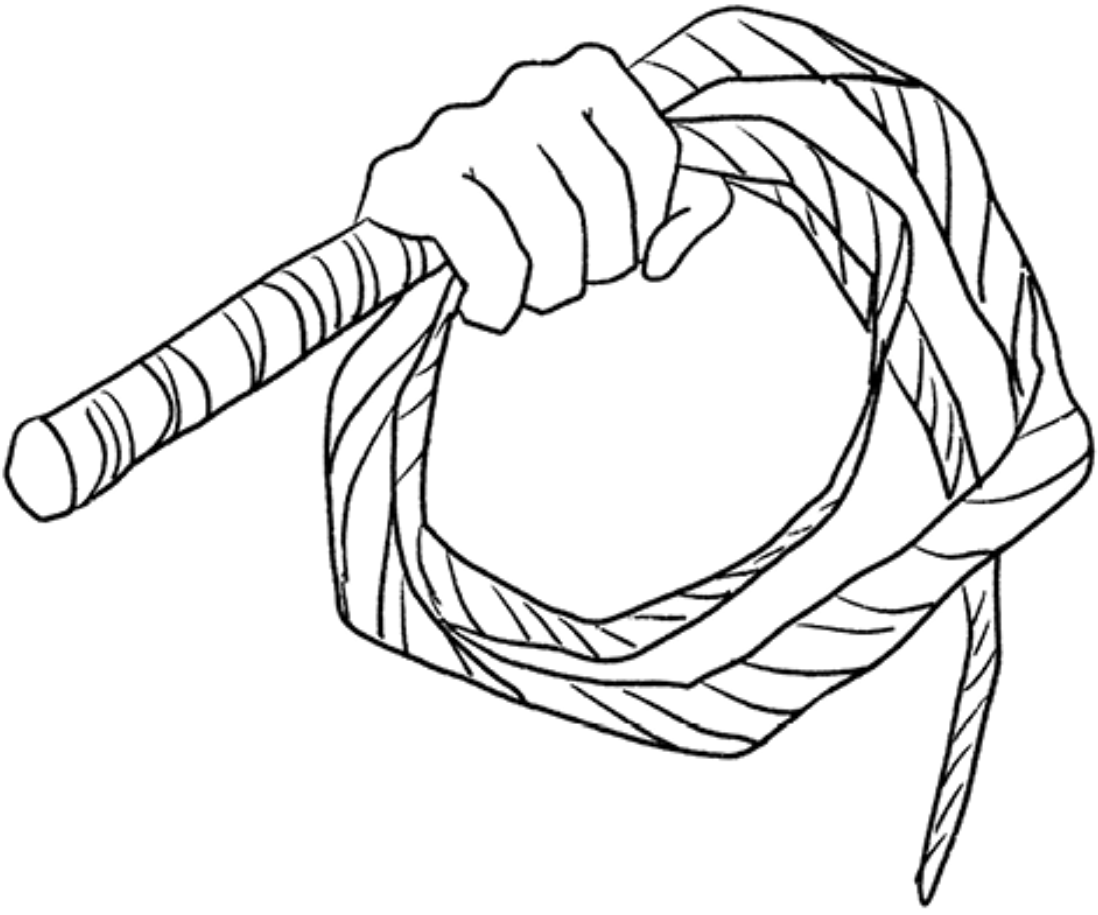
Duct Tape Bullwhip

Bullwhips are super popular in the US, thanks to Catwoman, Indiana Jones, and Zorro. Bullwhips tend to be shorter and heavier than other kinds of whips, so you will have a good amount of control unless you are trying to change whipping direction suddenly. This bullwhip will give you some impact sensation without being overkill. Important if your body is sensitive to injury and you still want to play! Make sure not to use the whip anywhere near someone's face; wear protective eyewear for extra safety points.



What You Need

Duct tape in the color of your choice (brown or black will look more like leather)

10-inch (25 cm) piece of ⅜-inch (1 cm) wooden dowel rod

Two chairs (you'll put them back after we're done; we aren't chopping them up or anything, just using them to hold the tape . . . your roommate doesn't even have to know what you were up to)

Scissors or a sharp knife for cutting the tape

Handsaw to cut the dowel rod (unless you have them do that part for you at the hardware store . . . they will if you ask nicely!)

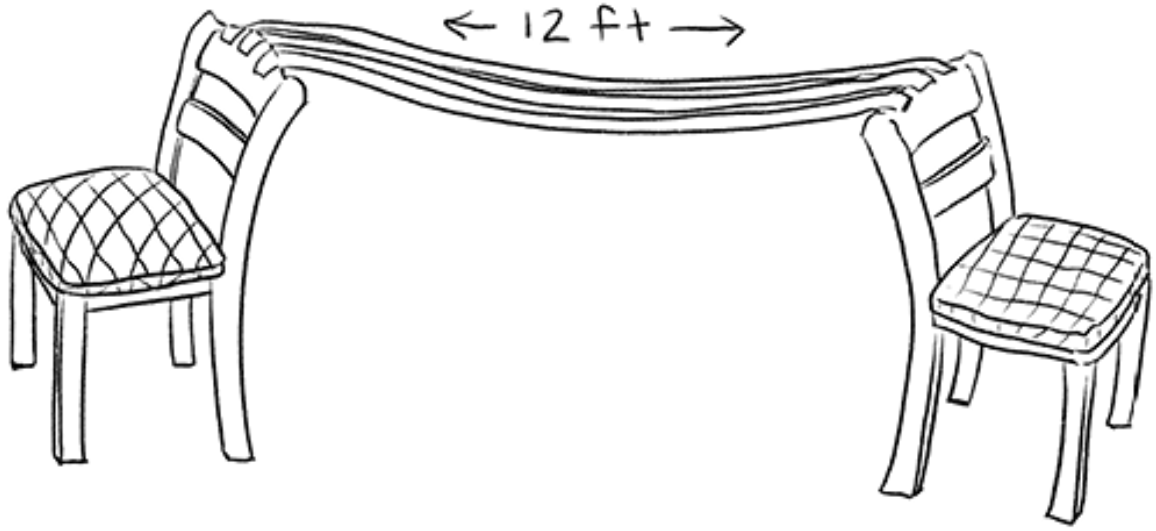
Measuring tape

Step One

Place two chairs 12 feet (4 meters) apart, facing back to back.

Step Two

Run three 12-foot (4-meter) strips of duct tape between them, sticking the tape to both chairbacks.

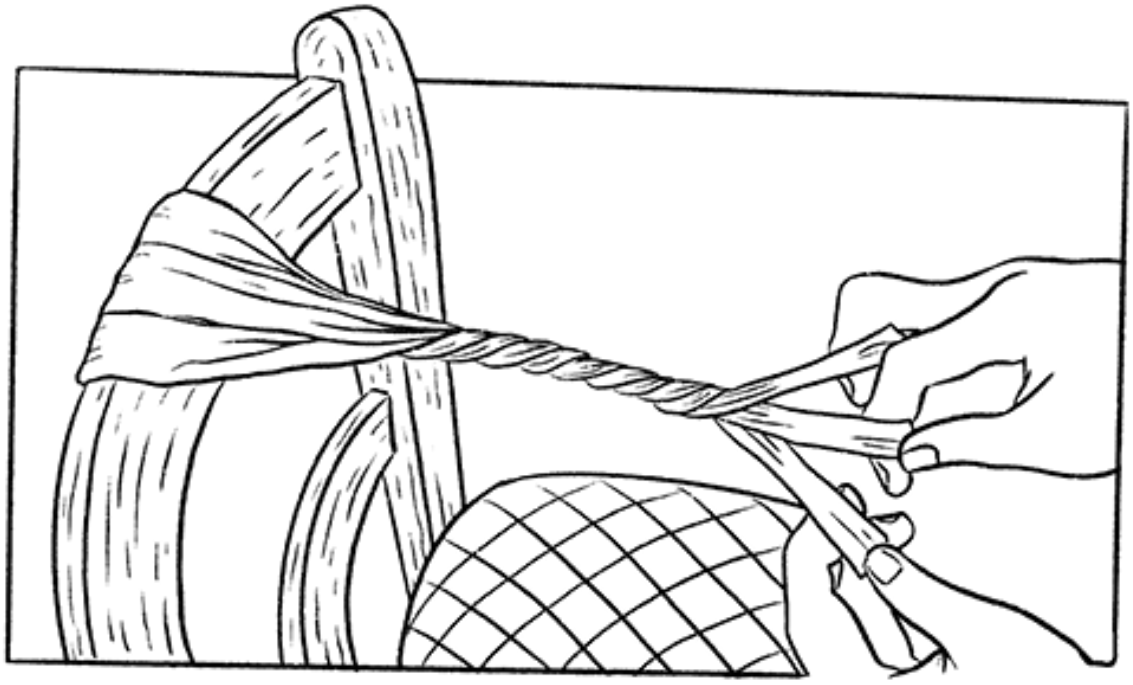


Step Three

Fold each piece of tape in half, lengthwise, so the sticky part sticks to itself.

Step Four

Leaving the tape stuck to one of the chairs, begin braiding the strands of tape together.



Step Five

Use more duct tape to wrap off the end of your braid, then place that end along the side of the wooden dowel, using more tape to secure it.

Step Six

Wrap more tape around the entire length of the dowel so it matches the whip, which will also help your grip when using it.

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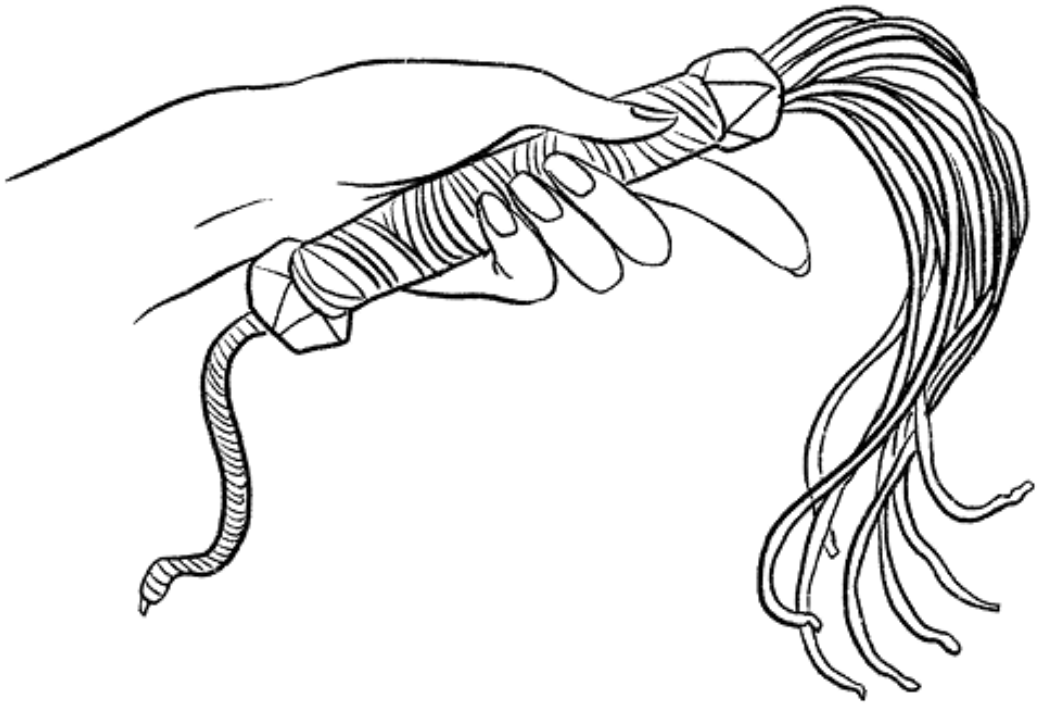
Bootlace Whip

This one will have more sting than the duct tape bullwhip, especially the ends of the laces. The aglets (the little plastic tips on the ends of shoelaces) pack some punch. If you want to go a little harder, add weight to the whip by wetting the laces before using them. Make sure to whip away from anyone's face—this is not a sick-leave issue you want to have to explain to your boss.



What You Need

A bundle of bootlaces (half the number that you want on your whip, since you're going to fold them in half)

Strong tape, like duct tape

Scissors or a sharp knife for cutting the tape

Step One

Take all of the laces and fold them in half.

Step Two

Wrap duct tape around the folded end to keep the laces together and create a handle.

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DIY Chastity Cage

This cage immobilizes the penis, preventing an erection. It can be used as part of dom/sub play or even as a break from the performance demands of toxic masculinity.

When we think of chastity devices, we often think of the chastity belts of the middle ages that were used on women.[4] Chastity cages to lock up the penis of a partner are actually wildly popular in modern times. They made the news in 2021, when one company's high-tech cages got hacked, and individuals got ransom messages to hand over some coinage before having their dongs released.[5]

This version can't get hacked, and it makes it easy to pee when you need to —just untuck the nylon from the bottom, then retuck when you're done. You don't have to disassemble the whole contraption! This version is also more comfortable than a metal one, if you are intrigued with the chastity cage idea but it seems painful!

What You Need

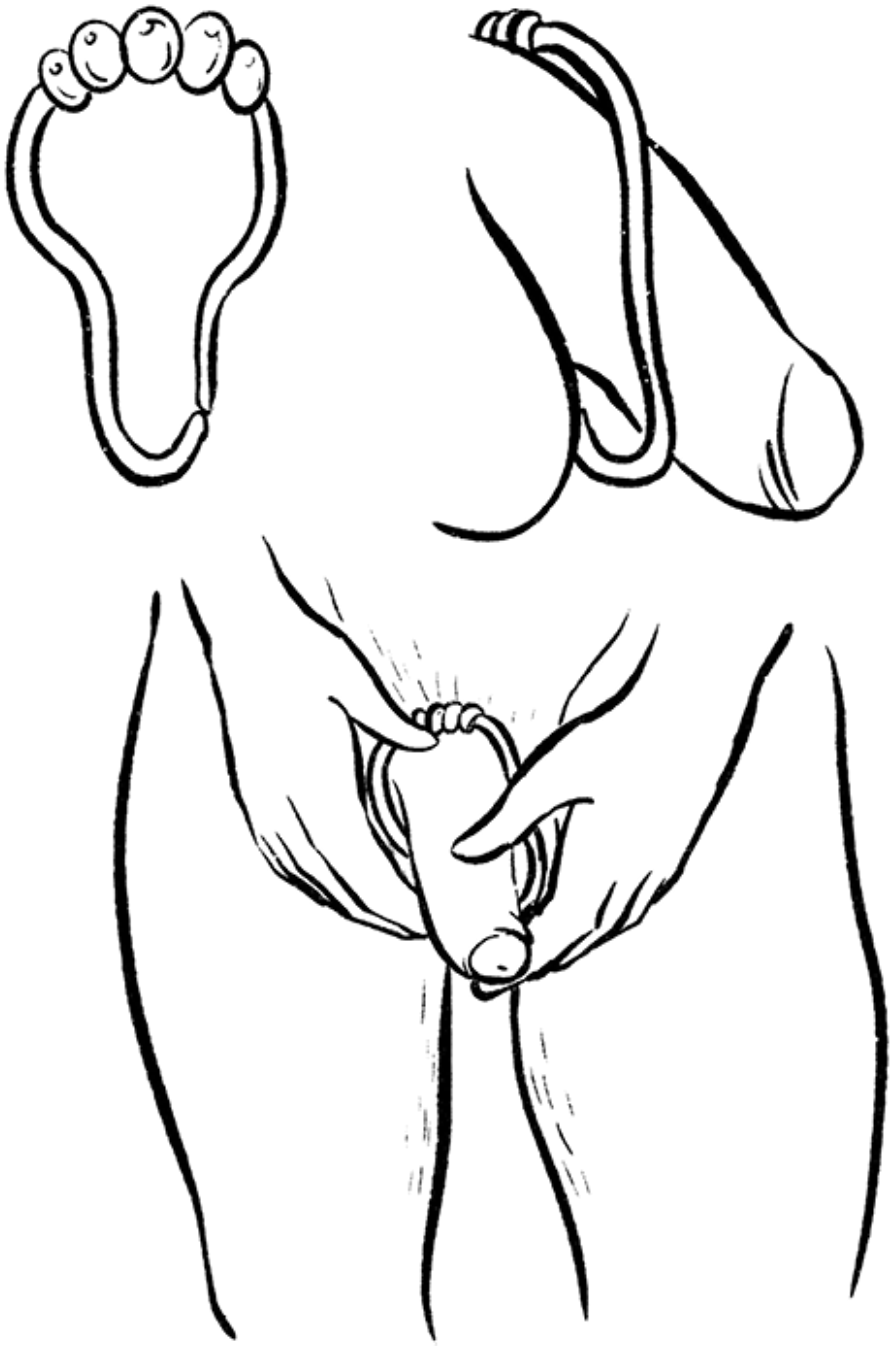
A flexible ring a little larger than the base of your penis—think a shower curtain ring made of bendy metal (vs. plastic, which will snap), or a ring made from a thin bit of rope, shoelace, etc.

One pantyhose leg (good use for those stockings with runs in them!)

Scissors or a sharp knife

Step One

Run your penis through the ring and bend or adjust the ring to fit. If you make it too tight you will cut off all circulation (no!), while if it is too loose, it won't stay in place or prevent an erection.



Step Two

Fold the leg of the pantyhose widthwise in two (folding up the heel to meet the thigh) to make it stronger.

Step Three

Loop the pantyhose fabric through the top of the ring, leaving a good inch (2.5 cm) of nylon hanging out so it won't slide out.

Step Four

Position your penis downward toward the ground (yes, you have to be un-erect for this to work, which is the point of the cage anyway). Cover your penis with the nylon like you are diapering a booty, then tuck the other end of the hose through the bottom of the ring.

Step Five

Pull on the nylon until you get the optimal amount of tightness.

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SECOND LEVEL: READY FOR SOME CHALLENGE

Hey there, my perv professional! I love that you are into doing things that are a bit more challenging. But once again, I tried not to include things that were super-complex, long-weekend projects. The ideas here require a little more care in making specific cuts, being able to hand-sew a bit, and the like. But none of them should be terribly frustrating to undertake!

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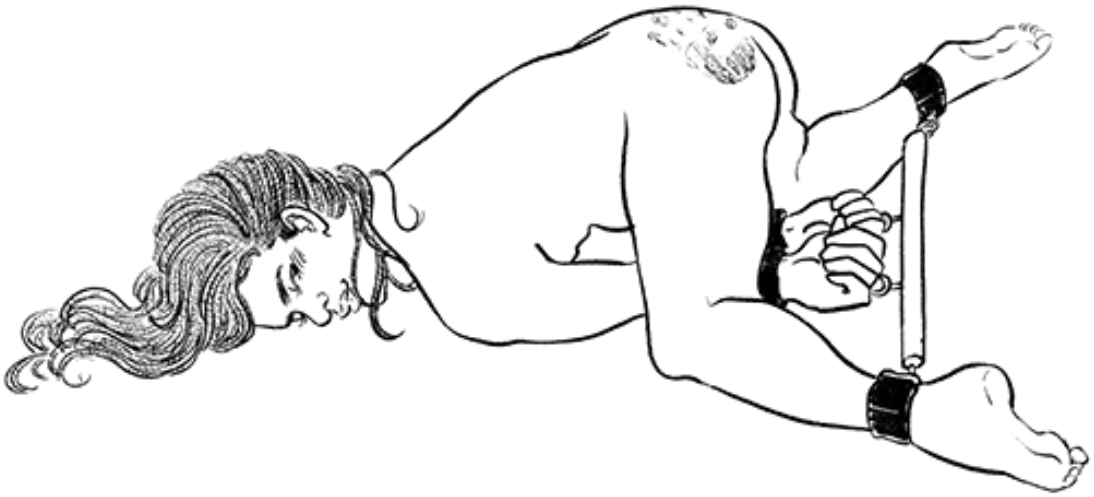
PVC Pipe Spreader Bars

Spreader bars are a BDSM sex toy designed to keep the legs open with a rigid pole. They have bolts on the end to which you attach cuffs or rope. They allow the giver to see, access, and stimulate the genitals or anus of the receiver.



You can absolutely make spreader bars out of wooden dowels, but if you use PVC pipe you don't need a drill, which makes it a far easier project!

What You Need

PVC pipe of 1–1.5 inches (2.5–4 cm) in diameter, cut to fit (likely 12–38 inches [30–97 cm]; see directions)

2 PVC end caps to fit your pipe

2 half-inch (1 cm) eye bolts and nuts to fit

E6000 or another plastic-friendly adhesive

Drill (not necessary, but if you do have one it'll make it a little easier), screwdriver, knife, or nail for drilling

Handsaw if cutting the pipe yourself

Thin leather or hemp cord to wrap the bars (only for aesthetics, so clearly optional)

Step One

Determine the length of your spreader bar. This will depend on the part of the body you plan to spread. For spreading ankles or arms as wide as possible without causing pain or injury, you want to max out at about 38 inches (97 cm). For a smaller spread of the ankles or a wide knee spread, keep it at 20 inches (51 cm). And to spread the knees only slightly, keep the length at 12 inches (30 cm). You can add more eye bolts along the bar to have varying lengths available as well.

Step Two

Cut your PVC pipe to the desired length. You can cut PVC pipe easily with a handsaw or have the home improvement store cut it for you.

Step Three

Punch holes for the bolts. If you don't have a drill, PVC is fairly soft and the end caps tend to be even softer, so it's relatively easy to poke a hole in the end caps. You can use a Phillips-head screwdriver, a nail, or even the tip of a knife if you are less of an idiot at holding sharp objects than I am. If you heat the screwdriver/nail/knife tip with a lighter or match first, it will go in even more smoothly.

Step Four

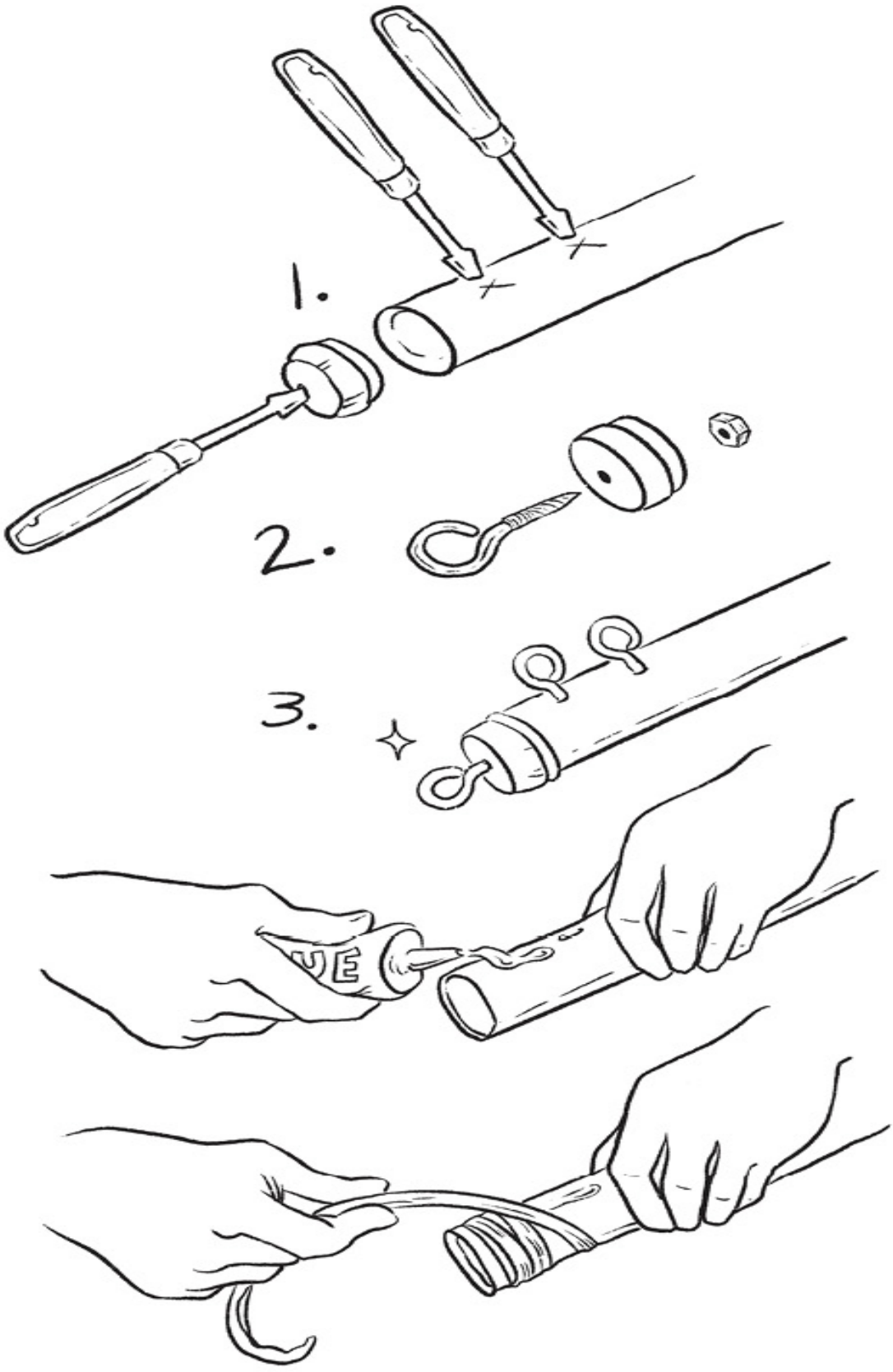
Screw in an eye bolt through each hole and secure it on the other side with a nut.

Step Five

Use glue on the inside of the end cap, put it over the cut PVC pipe, and let dry completely. E6000 takes a full 24 hours to dry.

Step Six

If you want to make your spreader bar more aesthetically pleasing, you can wrap thin leather or hemp around the pipe, gluing as you go.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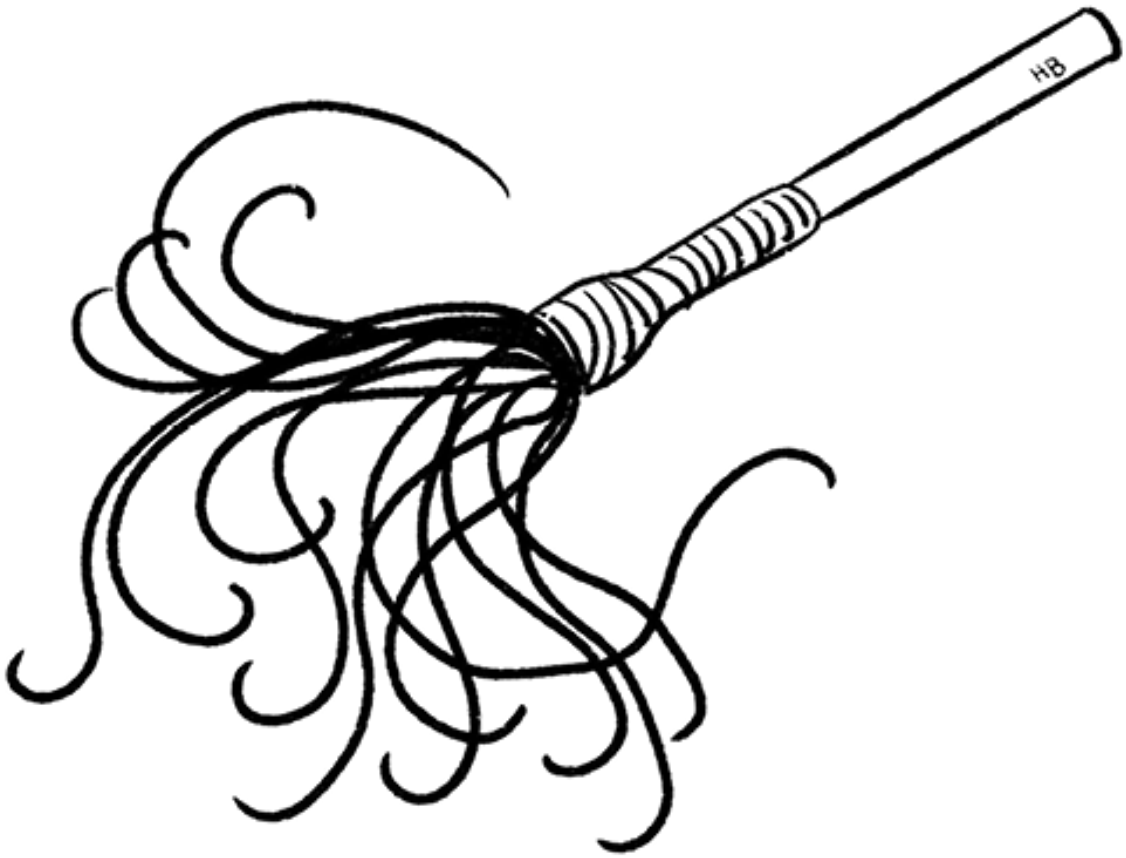
Rubber Band Flogger

I included this one as a second-level DIY because the needle and thread do need to come out, but it's not super complicated. This flogger stings without being super painful. You like a sting though, don't you? Ok, my slutkitten . . . get to it!



What You Need

20 or so rubber bands

Unsharpened pencil or small wooden dowel

Needle and thread

Duct tape

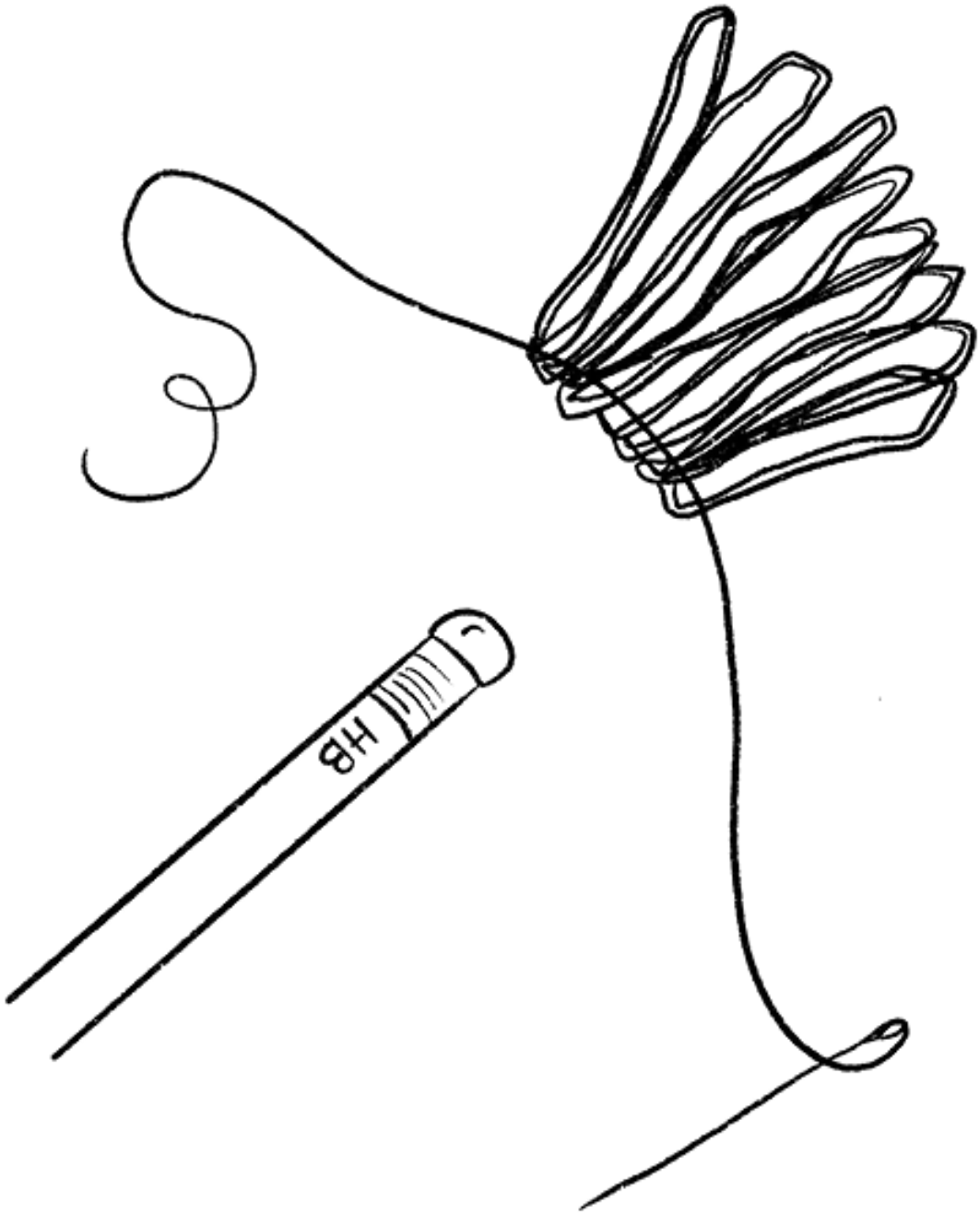
Scissors or a sharp knife

Step One

Cut each rubber band open (so it's a strip of rubber instead of a band).

Step Two

Run your threaded needle through one end of each strip, creating a chain of rubber band strips (or a really weird tiny hanging tassel).



Step Three

Once you have enough rubber bands, wrap them around the circumference of your pencil or dowel and then tie it tightly. You can add a dab of glue to hold the knot in place.

Step Four

Wrap the tied end with duct tape for extra security (and you can wrap the whole pencil with the duct tape for aesthetic reasons and/or to make it easier to grip . . . with your hands, that is).

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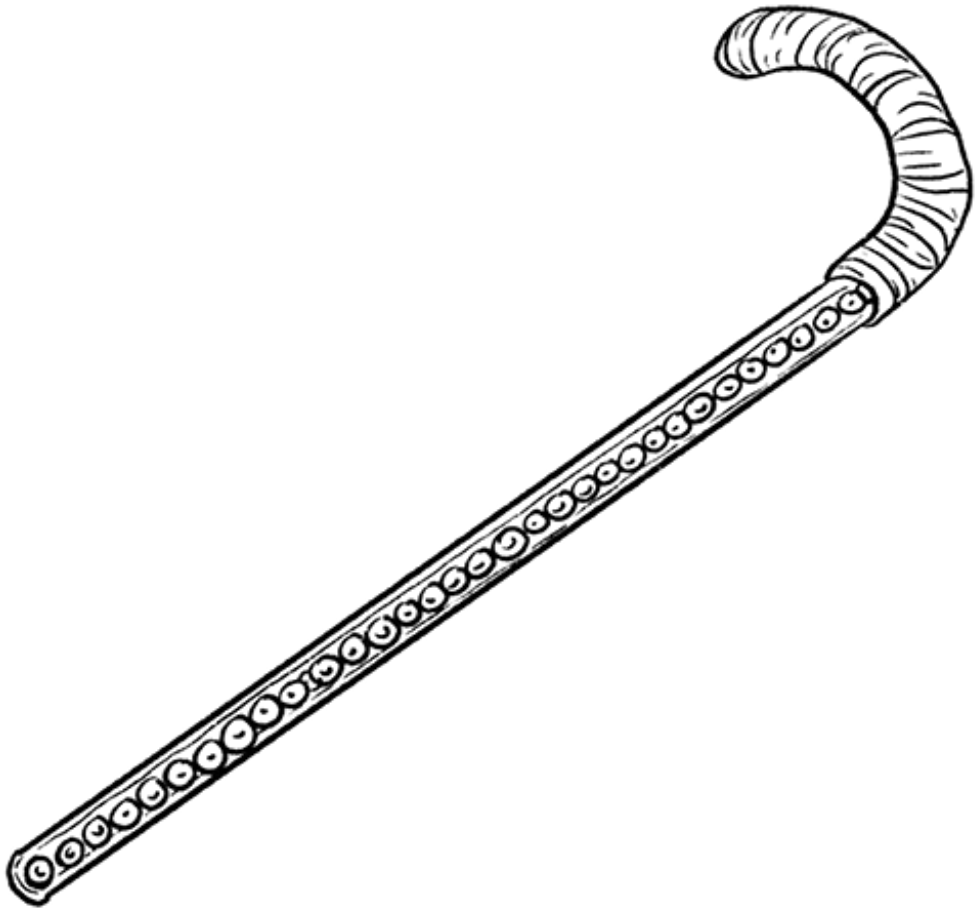
Black Jack Cane

The cool thing about this project is you actually get to see the insides of the cane, not just hear it. You get the aesthetics of it, the noise, and the strike impact . . . all of which can be hella enjoyable, you dirty perv, you.



What You Need

24 inches (61 cm) of clear vinyl tubing with an inside diameter of ¼–½ an inch, or about ½–1¼ cm (the narrower tubing will sting more and the wider will "thud" more)

2–4 erasers from the ends of pencils (just slice them off, no biggie)

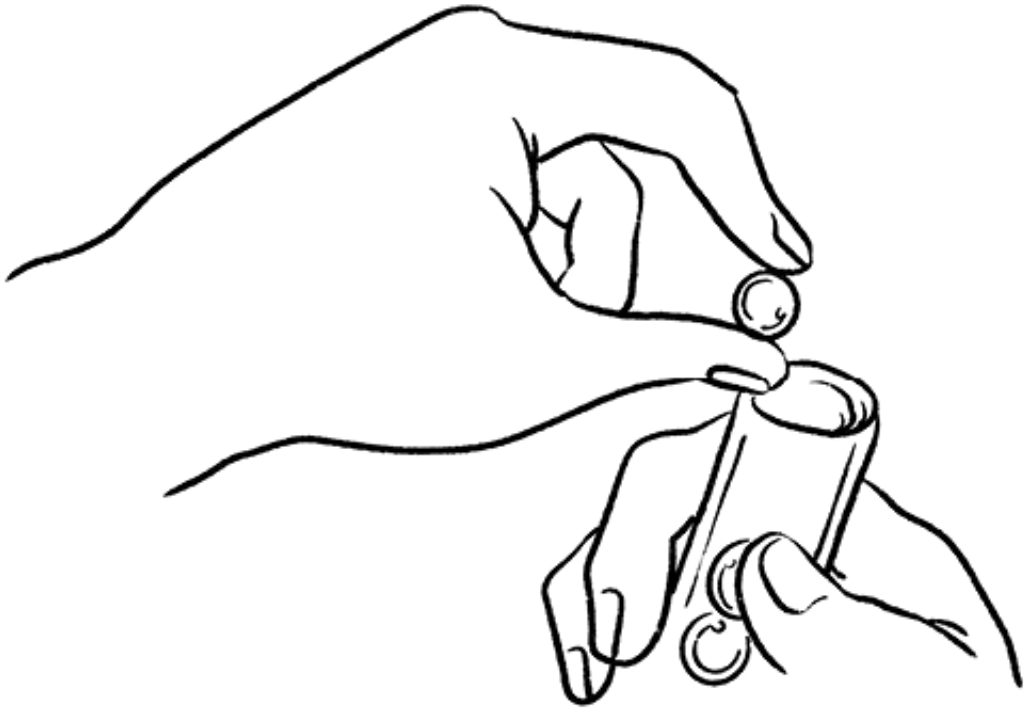
A nice, big handful of BBs (copper, steel, or a mix)

Strong glue like Super Glue or E6000 (Super Glue sets quickly; if you are using E6000, plan for it to dry overnight)

Duct tape, once again . . . always with the duct tape

Strong scissors or a sharp knife

Funnel for inserting the BBs (INTO THE TUBE)



Step One

Cut the tube to size, if you didn't have that done by a nice person in a vest at the home improvement store. Dab a little glue just inside one end of the vinyl

tube, then shove one or two erasers inside the tube to seal that end.

Step Two

After the glue is set (let it set!!!) turn the tube over and pour the BBs into the other end. You want to nearly fill the tube, but still leave enough room for them to move around a little. If you are afraid of spilling BBs everywhere (it me!), you can either use a funnel or fashion one out of a piece of paper to make the job easier.

Step Three

Dab glue on the other end of the tube, and insert your eraser once again to seal it. If the erasers stick out on either end, you can slice them down to be even with the lip of the tube after the glue is completely dry.

Step Four

Now use your fancy duct tape to wrap one end up enough to make a comfortable handle for yourself . . . that's it!

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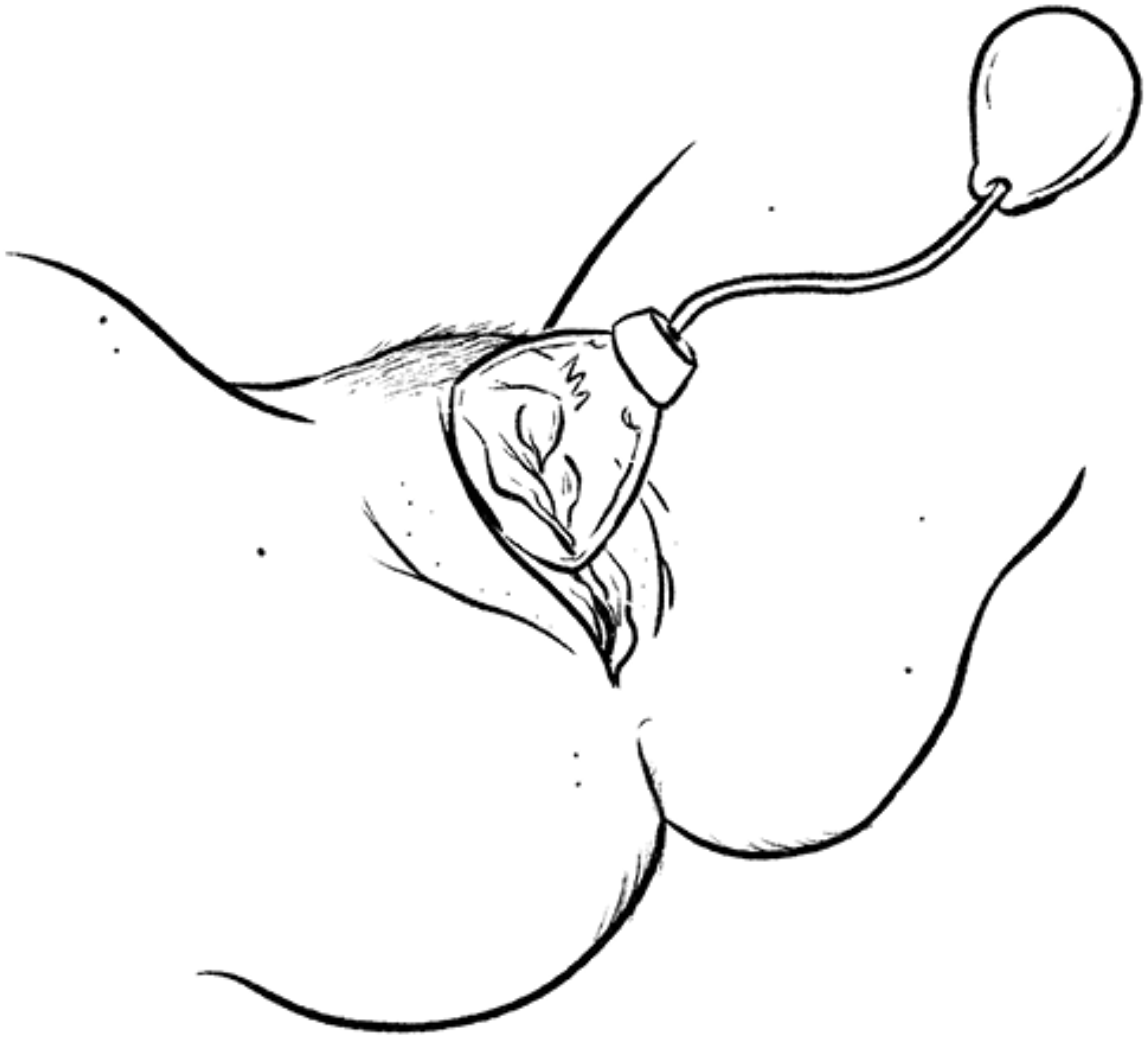
Clit Sucker

So many of these DIYs are made for people who are rocking a penis. Unfair! Here is a little sumpin-sumpin for all my humans with a clitoris . . . and yes, this will still work just fine if you have been on T and have grown in length and girth!



When using this, don't skimp on the lube. Apply the lube liberally to both your clitoris and anywhere the bottle is touching your body. Get in a comfy position (this works far better lying down than in any other position), then use the pump to create a strong vacuum. If you leak air, you can repump at any

point! Important safety tip—never use this over the vagina, as you can do a lot of damage by creating a vacuum there.

What You Need

A half-liter plastic soft drink bottle with its lid (the thicker the plastic, the better)

Sandpaper

A handsaw, sharp scissors, or a sharp knife

A drill or large nail/screw

Hot glue

A hand pump or any other pump that has a valve installed to trap air (these are super inexpensive; I have one for inflating my little yoga balls in my yoga studio . . . yes I realize how dirty that sounds)

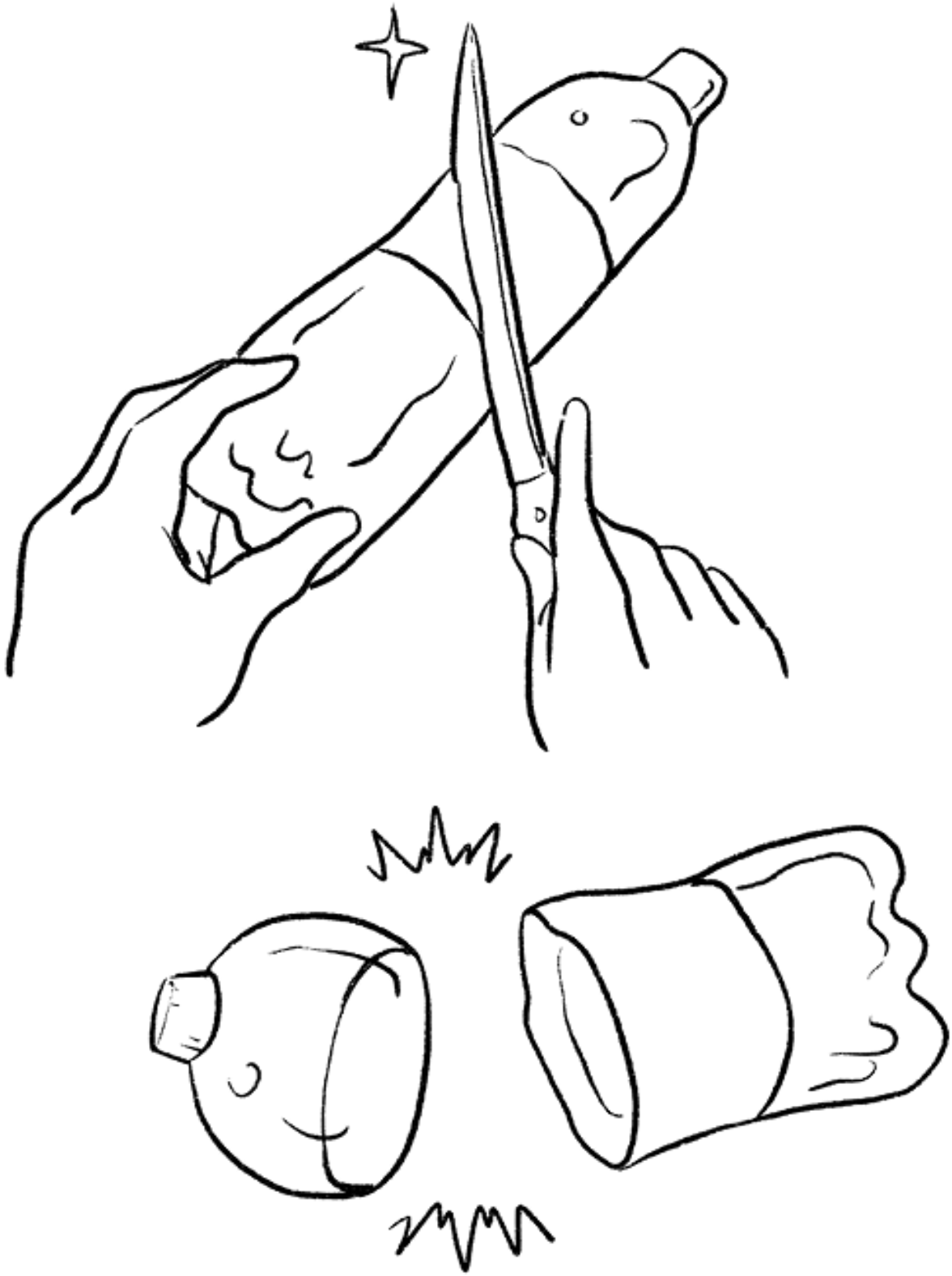
Lube, for when you use the toy

Step One

Make sure the bottle and lid are clean. You don't have to remove any labels, but you don't want any remnants of soda still floating around in there.

Step Two

Using your saw or knife, cut the bottle in two, but not exactly in half. You want the top part of the bottle (where the lid is) to be about ⅓ of the total bottle length and the bottom part to be ⅔ of the bottle length. So if it is 12 inches long, the top part would be 4 inches and the bottom would be 8 after you cut it.



Step Three

Now take the top piece of the bottle (the smaller piece) and use sandpaper to smooth all the edges where you cut. This end will sit against your vulva and mons, and any sharp points can easily hurt your skin. The smoothness will also give you a better seal when you use the device.

Step Four

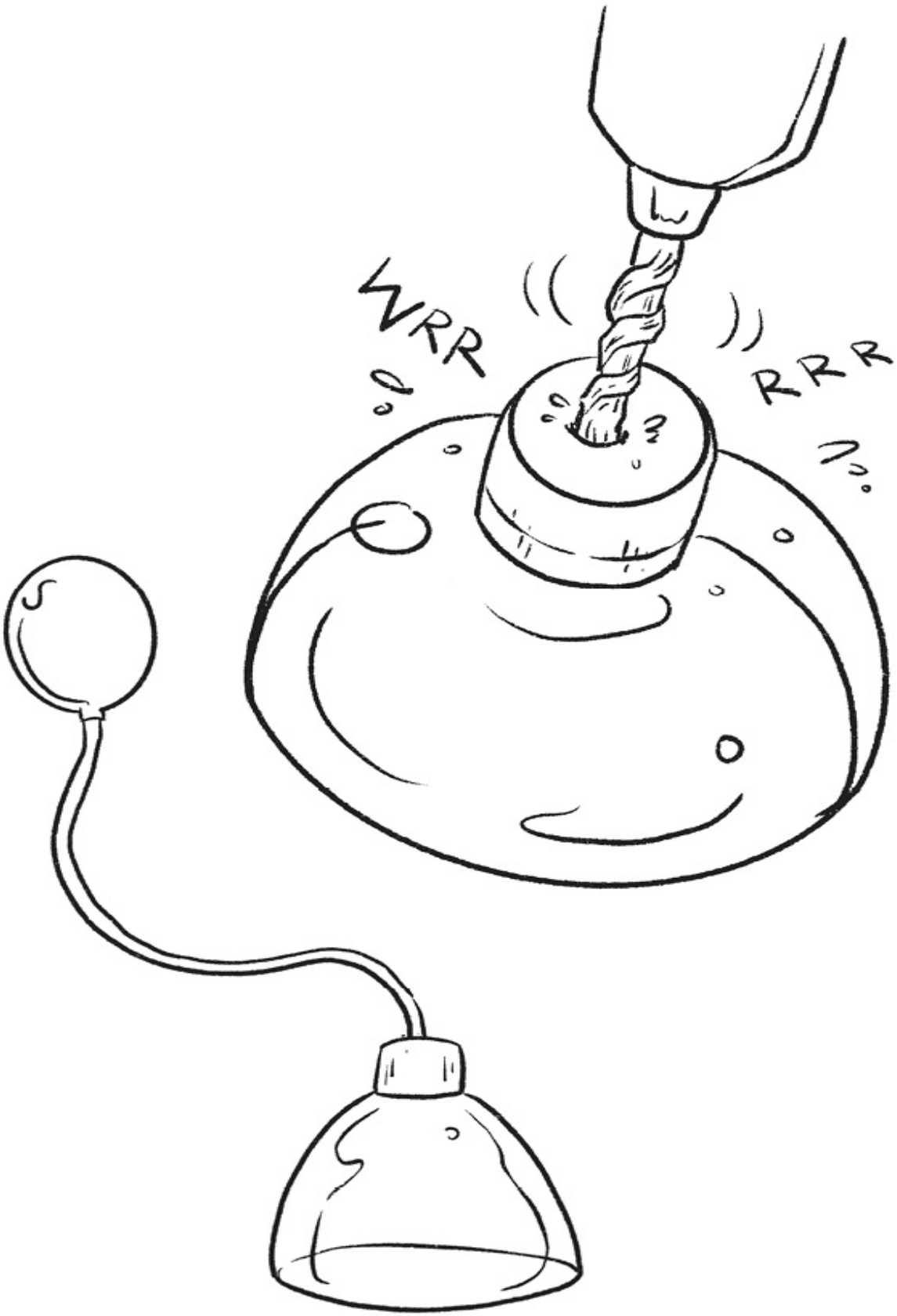
Line up the pump hose against the bottle lid in order to measure the circumference for drilling. You can draw a little circle if that's helpful, but it's not necessary.

Step Five

Drill a hole in the top of the lid (you can use a large nail or screw instead, but a drill makes life way easier if you have access to one). The hole should be large enough to allow the pump hose to slide through, but not so big that air escapes out the sides. If you start with a smaller hole and increase it in size until the hose fits perfectly, you shouldn't have many problems. And since it's just a bottle cap, you can always try again if you mess it up!

Step Six

Fit the pump hose through the lid hole, just far enough to keep it secure, and apply glue to the outside and the inside to make sure it is well sealed. Using hot glue instead of permanent glue allows you to disassemble your contraption and use the pump for other things, like the yoga balls in your yoga studio, or transfer it to a new bottle because the old one cracked.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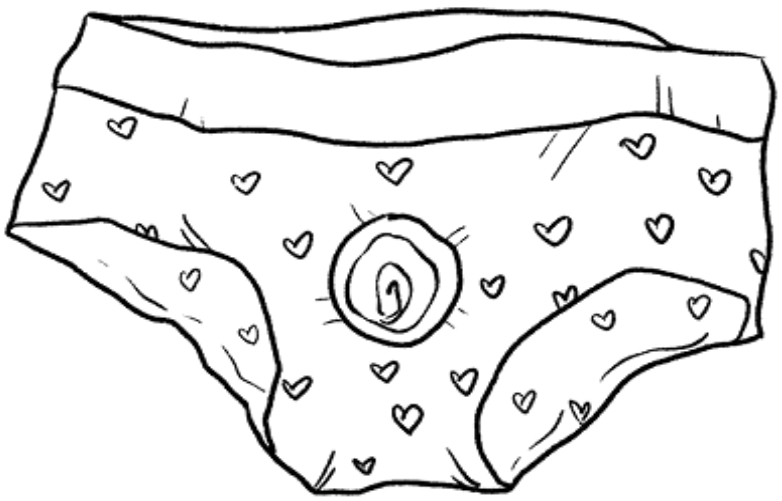
Upcycled Dildo Underwear Harness

This isn't super complicated, but it requires a bit more sewing finesse than just stringing rubber bands together. Even if you have to fiddle a bit because you aren't great at sewing, this is well worth the trouble if you dig using dildos for penetration. Harnesses are spendy and they aren't always that comfy, especially if you have a little more flesh in that area of your body—you want to be cute and comfy!

- A pair of thick, tight-fitting underwear (no particular style necessary, as long as they aren't crotchless, for obvious reasons)
- Needle and thread
- Scissors that can cut fabric
- Sewing pins
- Dildo
- A rubber ring that fits the dildo you are using



Step One

Use the scissors to cut an X in the fabric where you want to place the dildo, slightly smaller than the ring itself. A standard seam allowance is ⅝ of an inch, so slightly more than half an inch (1½ cm). This gives you a little fabric to fold over so you can sew the ring into place. You can use the ring to help you measure.

Step Two

Turn the undies inside out and place the ring around the cut X.

Step Three

Stretch the four corners of the fabric over the ring and pin them in place, then stitch the fabric tightly in place over the ring (taking out the pins once each flap is secure). You may want to stitch around more than once for extra security, especially if your hand-sewing skills are kinda trash like mine.

Step Four

Trim off any extra fabric once the sewing is complete. When ready for sexytimes, insert the dildo into the ring, and you now have a comfy harness for topping your partner.

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Sex Wedge

Maaaaaan, a sex wedge is helpful. And not just if you have chronic pain or limited mobility—a good wedge can take pressure off our joints and prevent injury for everyone! This is also a project that requires some competency with measuring, cutting, and sewing. So if you're boss at that (I AM NOT), making your own wedge can save you a ton of money and let you shift the measurements to your specific preferences.

What You Need

High-density foam block

Fabric that is machine washable and won't get ruined by bodily fluids

24-inch (61 cm) zipper (Can you sew in a zipper? Damn, you're a badass.)

An electric knife or other sharp knife (an X-Acto will work if you go slow)

Protractor (We're doing geometry! And you thought that class in high school would never come in handy!)

Ruler

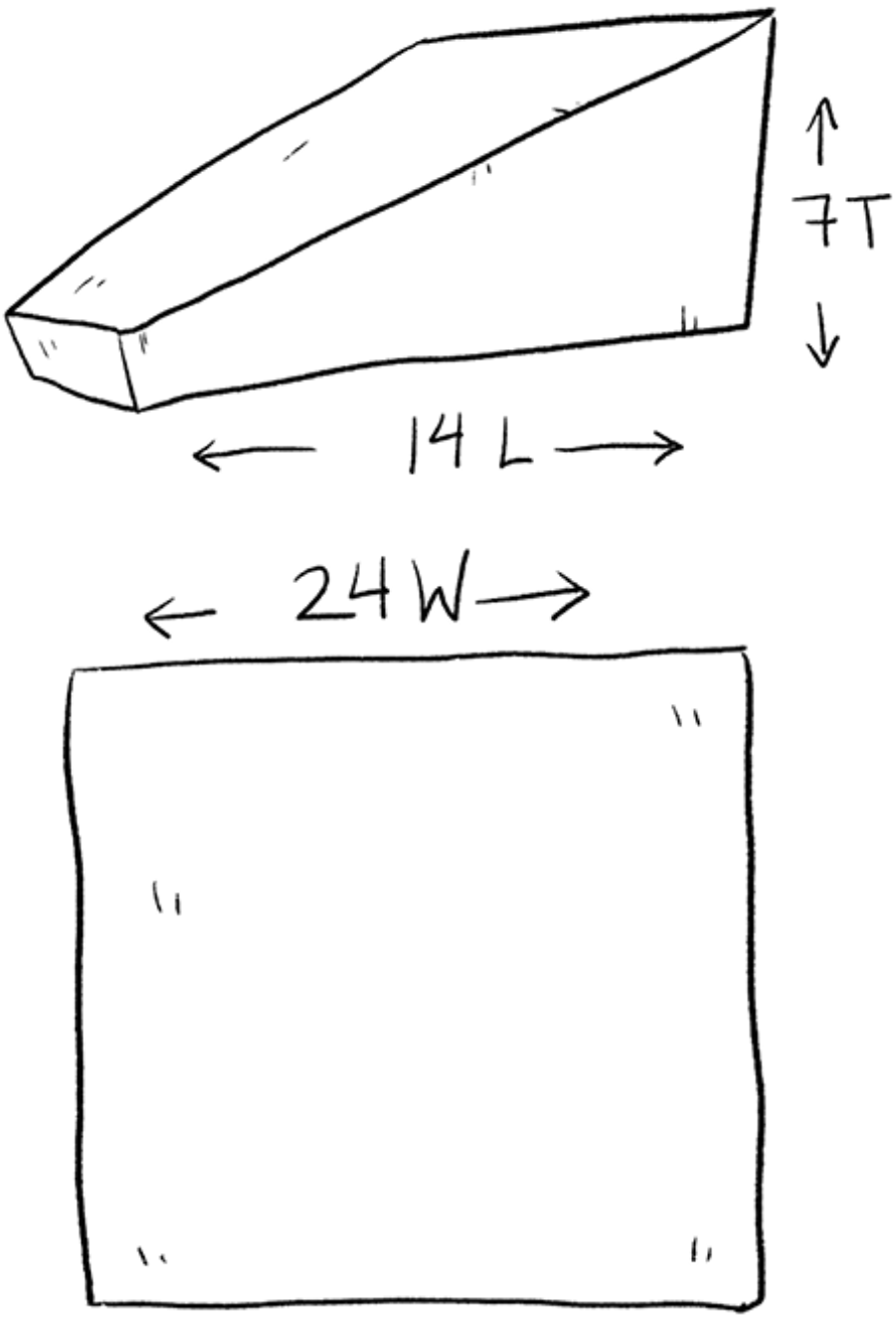
Felt-tip pen or marker (this one is for the foam itself, so you want a good dark line that you can see from space before you start cutting)

Tailor's chalk (or another way of marking the fabric that will wipe or wash off)

Sewing machine or needle, thread, and scissors

Step One

Figure out your individual measurements for your wedge. The standard measurement of a Liberator-brand wedge is 14 inches (36 cm) in length, 24 inches (61 cm) in width, and 7 inches (18 cm) tall. Feel absolutely free to adjust these measurements to your body, but they may help you decide if you need to size up or down.



Step Two

Use your felt-tip pen or marker to mark the measurements on the side of the foam, showing where you'll need to cut. Use your protractor to make the incline about 27 degrees. Holy shit, your sophomore math teacher is impressed with you now!

Step Three

Use your knife or cutting implement to cut the foam to your measurements. This is why an electric knife isn't just for Thanksgiving . . . it does make it way easier to keep to your measurements! If you are cutting by hand, go slow, and give yourself breaks if you get frustrated!

Step Four

How to cover it? We're going to pattern the cover directly from the wedge! So lay your fabric out, with the part that is going to be facing out on the wedge facing down on the table. Put the wedge on top of the fabric and trace its shape, including an extra ⅝ inch (1½ cm) on each edge for seam allowances. Now do this for all other sides of the wedge.

Step Five

Cut out all the panels and sew the seams together, excluding the seam where the zipper will go, making sure that the underside of each seam is on the inside of the fabric so it doesn't dig into your skin during sexytimes. Sew in the zipper (she says knowing that isn't easy, but you are a sewing badass). Turn the whole case back right-side-in and stuff the wedge inside. Boom! A fancy wedge without the fancy price!

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CONCLUSION

You know what's a bummer about a book instead of a conversation? I can't even ask you what you thought of the projects, what you wanted to try first, and what little factoids you picked up and enjoyed. All the stuff that makes books like this a lot of fun. So here is me imagining all y'all rummaging through the junk drawer for that half-used roll of duct tape and stray rubber bands, planning a bunch of sexual shenanigans.

The idea of this makes my heart so happy. Especially in a day and age when expressions of sexuality outside the cultural norm are another way that the personal becomes political. We can fight for our freedom of being and freedom of expression. Yes, sex toys can be as much a societal political statement as they are a source of personal pleasure. Being who you are in ways that cause harm to no one else is a privilege worth fighting for. So just maybe our weapons of cultural change really are duct tape and stray rubber bands. I'm good with that.

And if we are in agreement that the personal is political, what cool world-changing shit are we doing if we practice good communication and consent around sex and play? With a partner, this means you both feel that any answer you give will be respected and accepted. It also means checking in with yourself for solo play. If something seems fun but then you realize you didn't actually enjoy it all that much? Also fine. Self-assessment is neither silly nor unnecessary. No matter what, this is supposed to be FUN!

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APPENDIX: SAMPLE CONSENT CONTRACT

Some people may snicker at the idea, but a written consent contract doesn't exist as some kind of extremist measure. These documents are designed to give us a foundation and structure for a conversation about active, continuous consent. And that's not wokeness, that's badass, thoughtful adulting. Maybe you will never use an actual written one, but you may use the ideas within this sample contract to have more in-depth conversations with your partner(s).

I, _____, hereby declare under penalty of perjury that I am over 18 years old and am not under the influence of intoxicants or medications that inhibit my ability to affirm consent.

I further declare that this agreement is of my own free will and that neither I nor anyone near or dear to me has been threatened with negative consequences if I chose not to enter into this contract.

Both parties agree that this is a private agreement not to be disclosed to third parties except in case of accusation of sexual misconduct by an agreeing party.

If an agreeing party shows or makes public this agreement without accusation of sexual misconduct, it is agreed that they will be liable for damages for invasion of privacy.

By initialing _____, I agree to engage in all or some of the following consensual acts:

With the following individual(s):

Safer sex methods that I want utilized during these acts include:

At this time I do not intend to change my mind before the sex act or acts are over. However, if I do, it is further understood that when I say the words _____ or make the signal (hand gesture, etc.) _____, all involved parties/partners agree to STOP INSTANTLY!

Signed: _____

Date: _____

Signed: _____

Date: _____

Disclaimer: This sample contract does not constitute legal advice and is provided for educational purposes only. Check with legal counsel before entering into any agreement.

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1 O.school. (n.d.). *Who's buying sex toys most? Study reveals surprising answer*. Retrieved December 23, 2022, from o.school/article/age-of-people-buying-sex-toys

2 We are going to go way deeper on all things kinky in *Unfuck Your Kink*, coming out in early 2024.

3 We don't actually have staff attorneys. But if we did, they would insist on the safety note.

4 Though they may not have existed in reality. It could also have been that the whole chastity belt idea was pure sarcasm, a way of making fun of how men wanted to control the sexuality of women.

5 Lee, B. Y. (2021, February 7). Chastity belt ransomware: How hackers held people's genitals hostage. Forbes. Retrieved December 7, 2022, from https://www.forbes.com/sites/brucelee/2021/02/06/chastity-belt-ransomware-how-hackers-held-peoples-genitals-hostage/?sh=34deab2a92b2

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ABOUT THE AUTHOR

Faith G. Harper, LPC-S, ACS, ACN, is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. She is the author of dozens of books.

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Unfuck Your Mental Health Paradigm
Unfuck Your Sleep
Unfuck Your Work
Vision Boarding
Woke Parenting #1–6 (with Bonnie Scott)

Other

Boundaries Conversation Deck
How Do You Feel Today? (poster)

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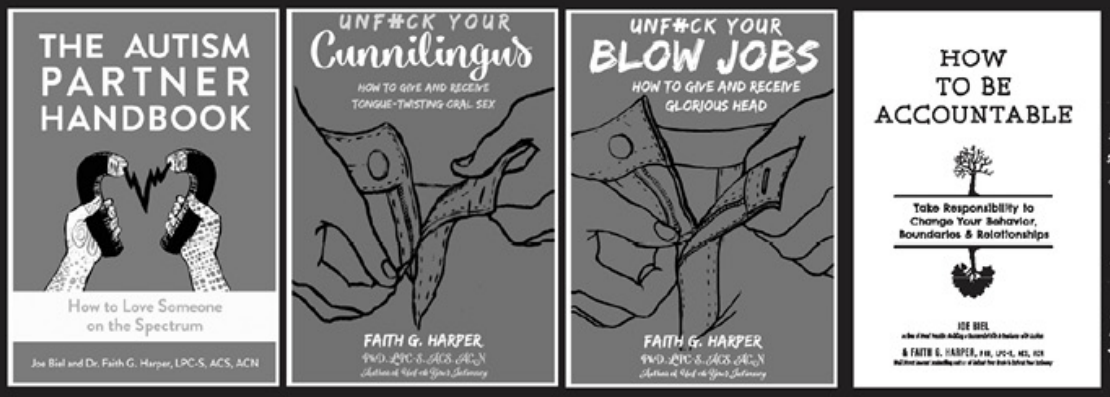
THE AUTISM PARTNER HANDBOOK
How to Love Someone on the Spectrum
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PHD, LPC-S, ACS, ACN
UNF#CK YOUR KINK
USING SCIENCE TO ENJOY MIND-BLOWING BDSM, FETISHES, FANTASY, PORN, AND WHATEVER YOUR PERVY HEART DESIRES
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